

Orange-Honey Butter

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*1/2 cup (one stick) unsalted butter,
softened
1 tablespoon fresh orange juice
1 tablespoon honey
1 teaspoon orange zest, finely grated
1/4 teaspoon coarse salt*

In a small bowl, combine all of the ingredients.
Mix well.

Form the butter into a small log. Wrap the log
tightly with plastic wrap. Twist the ends tight.

Refrigerate until ready for use.

Per Serving (excluding unknown
items): 480 Calories; 46g Fat
(83.6% calories from fat); 1g
Protein; 20g Carbohydrate; trace
Dietary Fiber; 124mg Cholesterol;
477mg Sodium. Exchanges: 0
Fruit; 9 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	480
% Calories from Fat:	83.6%
% Calories from Carbohydrates:	15.8%
% Calories from Protein:	0.6%
Total Fat (g):	46g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	124mg
Carbohydrate (g):	20g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	477mg
Potassium (mg):	61mg
Calcium (mg):	23mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	1

Vitamin C (mg): 11mg
Vitamin A (i.u.): 1773IU
Vitamin A (r.e.): 431 1/2RE

Nutrition Facts

Amount Per Serving

Calories	480	Calories from Fat: 401
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% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	477mg	20%
Total Carbohydrates	20g	7%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	35%
Vitamin C	18%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.