

# Parmesan Chili Butter

Publix Family Style Magazine  
www.publix.com/familystyle

1/4 cup unsalted butter, melted  
1/4 cup Parmesan cheese, grated  
1 teaspoon chili powder  
1/4 teaspoon garlic salt

In a small mixing bowl, stir together the butter, Parmesan cheese, chili powder and garlic salt.

Per Serving (excluding unknown items): 507 Calories; 52g Fat (91.2% calories from fat); 9g Protein; 2g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 916mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 9 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	507
% Calories from Fat:	91.2%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	7.0%
Total Fat (g):	52g
Saturated Fat (g):	32g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	140mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	9g
Sodium (mg):	916mg
Potassium (mg):	84mg
Calcium (mg):	295mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	2747IU
Vitamin A (r.e.):	557RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9 1/2
Other Carbohydrates:	0

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	507	Calories from Fat: 462
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### % Daily Values\*

<b>Total Fat</b>	52g	81%
Saturated Fat	32g	162%
<b>Cholesterol</b>	140mg	47%
<b>Sodium</b>	916mg	38%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	1g	4%
<b>Protein</b>	9g	
<b>Vitamin A</b>		55%
<b>Vitamin C</b>		3%
<b>Calcium</b>		30%
<b>Iron</b>		3%

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