

Parsley-Lemon Butter

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1/4 pound unsalted butter
3 tablespoons fresh parsley, minced
fresh squeezed lemon juice
pinch of salt
pinch of white pepper

In a bowl, cream together the butter, parsley, lemon juice, salt and pepper.

Place the butter on a sheet of plastic wrap without folding the wrap over the top.

Tightly roll the butter into a log of the same dimension from end to end.

Roll the log tightly in the plastic wrap. Twist the ends to seal.

Freeze the log.

When ready to use, cut off a piece and use as needed.

Per Serving (excluding unknown items): 818 Calories; 92g Fat (99.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 249mg Cholesterol; 19mg Sodium. Exchanges: 0 Vegetable; 18 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	818	Vitamin B6 (mg):	trace
% Calories from Fat:	99.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	92g	Folacin (mcg):	20mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	249mg	% Refuse:	0.00%

Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	19mg
Potassium (mg):	92mg
Calcium (mg):	42mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	15mg
Vitamin A (i.u.):	4057IU
Vitamin A (r.e.):	914 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	818	Calories from Fat: 810
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% Daily Values*

Total Fat	92g	142%
Saturated Fat	57g	287%
Cholesterol	249mg	83%
Sodium	19mg	1%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		81%
Vitamin C		25%
Calcium		4%
Iron		5%

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