

Spicy Blue Cheese Butter

50 Burger Toppings
Food Network Magazine

3 tablespoons butter, softened
1 tablespoon chives, chopped
hot sauce (to taste)
salt (to taste)
1/4 cup blue cheese, crumbled

In a bowl, mash the butter with the chives.

Season with hot sauce and salt.

Stir in the blue cheese.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 406 Calories; 43g Fat (92.9% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 747mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	406
% Calories from Fat:	92.9%
% Calories from Carbohydrates:	0.8%
% Calories from Protein:	6.3%
Total Fat (g):	43g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	114mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	747mg
Potassium (mg):	93mg
Calcium (mg):	163mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	2mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

Vitamin A (i.u.): 1635IU
Vitamin A (r.e.): 396RE

Nutrition Facts

Amount Per Serving

Calories	406	Calories from Fat: 377
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% Daily Values*

Total Fat	43g	66%
Saturated Fat	27g	134%
Cholesterol	114mg	38%
Sodium	747mg	31%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	7g	

Vitamin A	33%
Vitamin C	3%
Calcium	16%
Iron	1%

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