

# Strawberry Butter

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Yield: 2 1/2 cups

2 cups sweet butter, softened

3/4 cup fresh strawberries, finely chopped

4 tablespoons powdered sugar

In the container of a blender or food processor, place the butter, strawberries and sugar.

Whip until smooth and light.

Per Serving (excluding unknown items): 150 Calories; trace Fat (2.3% calories from fat); 1g Protein; 38g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 150   |
| % Calories from Fat:           | 2.3%  |
| % Calories from Carbohydrates: | 96.1% |
| % Calories from Protein:       | 1.7%  |
| Total Fat (g):                 | trace |
| Saturated Fat (g):             | trace |
| Monounsaturated Fat (g):       | trace |
| Polyunsaturated Fat (g):       | trace |
| Cholesterol (mg):              | 0mg   |
| Carbohydrate (g):              | 38g   |
| Dietary Fiber (g):             | 2g    |
| Protein (g):                   | 1g    |
| Sodium (mg):                   | 1mg   |
| Potassium (mg):                | 184mg |
| Calcium (mg):                  | 16mg  |
| Iron (mg):                     | trace |
| Zinc (mg):                     | trace |
| Vitamin C (mg):                | 63mg  |
| Vitamin A (i.u.):              | 30IU  |

|                     |       |
|---------------------|-------|
| Vitamin B6 (mg):    | 0mg   |
| Vitamin B12 (mcg):  | 0mcg  |
| Thiamin B1 (mg):    | 0mg   |
| Riboflavin B2 (mg): | 0mg   |
| Folacin (mcg):      | 20mcg |
| Niacin (mg):        | trace |
| Caffeine (mg):      | 0mg   |
| Alcohol (kcal):     | 0     |
| % Refuse:           | 0.0%  |

## Food Exchanges

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

Vitamin A (r.e.): 3 1/2RE

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## Nutrition Facts

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### Amount Per Serving

|                 |     |                      |
|-----------------|-----|----------------------|
| <b>Calories</b> | 150 | Calories from Fat: 3 |
|-----------------|-----|----------------------|

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### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | trace | 1%  |
| Saturated Fat              | trace | 0%  |
| <b>Cholesterol</b>         | 0mg   | 0%  |
| <b>Sodium</b>              | 1mg   | 0%  |
| <b>Total Carbohydrates</b> | 38g   | 13% |
| Dietary Fiber              | 2g    | 10% |
| <b>Protein</b>             | 1g    |     |

|                  |      |
|------------------|------|
| <b>Vitamin A</b> | 1%   |
| <b>Vitamin C</b> | 105% |
| <b>Calcium</b>   | 2%   |
| <b>Iron</b>      | 2%   |

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