

Swiss Cheese Butter

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Yield: 3/4 cup

1/2 cup butter, softened
1/2 cup Swiss cheese (such as
Emmenthaler), finely shredded
2 tablespoons cider vinegar
1 teaspoon fresh tarragon, chopped

In a medium bowl, combine all of the ingredients.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 818 Calories; 92g Fat (98.6% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 937mg Sodium. Exchanges: 0 Vegetable; 18 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	818
% Calories from Fat:	98.6%
% Calories from Carbohydrates:	0.9%
% Calories from Protein:	0.5%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	1g
Sodium (mg):	937mg
Potassium (mg):	64mg
Calcium (mg):	31mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Vitamin A (i.u.): 3474IU
Vitamin A (r.e.): 859RE

Nutrition Facts

Amount Per Serving

Calories	818	Calories from Fat: 807
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% Daily Values*

Total Fat	92g	141%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	937mg	39%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Protein	1g	

Vitamin A	69%
Vitamin C	0%
Calcium	3%
Iron	2%

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