

Swiss Cheese Butter Bread Spread

Publix Family Style Magazine
February/March 2015

Yield: 3/4 cup

1/2 cup butter, softened
1/2 cup Swiss cheese, finely shredded
2 tablespoons cider vinegar
1 teaspoon fresh tarragon, chopped

In a medium bowl, combine the butter, Swiss cheese, vinegar and tarragon.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 1031 Calories; 108g Fat (92.0% calories from fat); 17g Protein; 4g Carbohydrate; 0g Dietary Fiber; 300mg Cholesterol; 1084mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 20 Fat; 0 Other Carbohydrates.

Bread and Muffins, Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1031	Vitamin B6 (mg):	trace
% Calories from Fat:	92.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	108g	Folacin (mcg):	7mcg
Saturated Fat (g):	67g	Niacin (mg):	trace
Monounsaturated Fat (g):	31g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	300mg	% Refuse:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2
Sodium (mg):	1084mg	Vegetable:	0
Potassium (mg):	126mg	Fruit:	0
Calcium (mg):	575mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	20
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	trace		

Vitamin A (i.u.): 3953IU
Vitamin A (r.e.): 1003RE

Nutrition Facts

Amount Per Serving

Calories 1031 Calories from Fat: 949

% Daily Values*

Total Fat	108g	165%
Saturated Fat	67g	337%
Cholesterol	300mg	100%
Sodium	1084mg	45%
Total Carbohydrates	4g	1%
Dietary Fiber	0g	0%
Protein	17g	
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Vitamin A		79%
Vitamin C		0%
Calcium		58%
Iron		3%

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