

Caramelized Onion and Blue Cheese Butter

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*1 tablespoon olive oil
2 Vidalia onions, sliced
1/4 cup blue cheese
1 stick unsalted butter, room temperature*

In a large skillet, heat the oil over medium-low heat. Add the onion slices and stirring only once or twice. Sprinkle the onions lightly with salt. Add more oil or water if the onions are starting to stick or burn. Cook for another 15 to 20 minutes, stirring occasionally and adding water as necessary, until the onions are soft and evenly browned. Remove from the heat and allow to cool completely.

In a bowl, beat together the onions, blue cheese and softened butter until well combined.

Turn the mixture out onto a piece of plastic wrap or parchment paper. Shape into a log. Roll the log and wrap tightly by twisting the ends.

Store in the refrigerator until ready to use (or for up to one week).

Per Serving (excluding unknown items): 1113 Calories; 114g Fat (90.0% calories from fat); 9g Protein; 19g Carbohydrate; 4g Dietary Fiber; 270mg Cholesterol; 414mg Sodium. Exchanges: 1 Lean Meat; 3 Vegetable; 22 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1113	Vitamin B6 (mg):	.3mg
% Calories from Fat:	90.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	6.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	114g	Folacin (mcg):	54mcg
Saturated Fat (g):	64g	Niacin (mg):	1mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g): 39g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 270mg
Carbohydrate (g): 19g
Dietary Fiber (g): 4g
Protein (g): 9g
Sodium (mg): 414mg
Potassium (mg): 434mg
Calcium (mg): 218mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 3672IU
Vitamin A (r.e.): 916 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 22
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1113 **Calories from Fat:** 1002

% Daily Values*

Total Fat 114g	175%
Saturated Fat 64g	322%
Cholesterol 270mg	90%
Sodium 414mg	17%
Total Carbohydrates 19g	6%
Dietary Fiber 4g	15%
Protein 9g	
Vitamin A	73%
Vitamin C	23%
Calcium	22%
Iron	4%

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