

Anchovy and Cream Cheese Butter

Sonia Uvezian

The International Appetizer Cookbook (1984)

1/2 cup unsalted butter, room temperature
1/4 pound cream cheese, room temperature
1/2 teaspoon (or more) anchovy paste
2 teaspoons lemon juice, freshly squeezed and strained
1 tablespoon fresh dill, finely chopped

Cream the unsalted butter.

Gradually beat in the cream cheese, anchovy paste, lemon juice and dill.

Flavored butters can be shaped into logs, wrapped tightly in aluminum foil, and frozen for up to two weeks. Simply open the frozen package and slice off what you need. They can also be refrigerated for up to twenty-four hours.

Per Serving (excluding unknown items): 1219 Calories; 132g Fat (95.4% calories from fat); 10g Protein; 4g Carbohydrate; trace Dietary Fiber; 373mg Cholesterol; 348mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 25 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1219
% Calories from Fat:	95.4%
% Calories from Carbohydrates:	1.3%
% Calories from Protein:	3.3%
Total Fat (g):	132g
Saturated Fat (g):	82g
Monounsaturated Fat (g):	38g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	373mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	10g
Sodium (mg):	348mg
Potassium (mg):	182mg
Calcium (mg):	119mg
Iron (mg):	2mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	20mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Values*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	25 1/2

Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 5132IU
Vitamin A (r.e.): 1347 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1219	Calories from Fat: 1163
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% Daily Values*

Total Fat	132g	203%
Saturated Fat	82g	411%
Cholesterol	373mg	124%
Sodium	348mg	15%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	0%
Protein	10g	

Vitamin A	103%
Vitamin C	9%
Calcium	12%
Iron	9%

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