

Apricot-Nut Butter

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*1/2 cup butter, softened
1/2 cup toasted almonds OR
walnuts, finely chopped
1/4 cup apricot preserves*

In a bowl, combine the butter, nuts and preserves.

Refrigerate.

Per Serving (excluding unknown items): 1007 Calories; 92g Fat (79.6% calories from fat); 2g Protein; 52g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 969mg Sodium. Exchanges: 18 1/2 Fat; 3 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1007
% Calories from Fat:	79.6%
% Calories from Carbohydrates:	19.8%
% Calories from Protein:	0.6%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	52g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	969mg
Potassium (mg):	91mg
Calcium (mg):	43mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	3632IU
Vitamin A (r.e.):	875RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	30mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories	1007	Calories from Fat: 801
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% Daily Values*

Total Fat	92g	142%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	969mg	40%
Total Carbohydrates	52g	17%
Dietary Fiber	1g	4%
Protein	2g	

Vitamin A	73%
Vitamin C	12%
Calcium	4%
Iron	3%

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