

# Basil Butter

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## Yield: 4 ounces of compound butter

1 stick (4 ounce) unsalted butter, softened  
1/4 cup basil leaves, chopped  
2 cloves garlic, minced  
1 teaspoon white wine or lemon juice

In the bowl of a food processor fitted with a blade, combine the butter, basil, garlic and wine. Process until smooth. (OR finely mince the basil and thoroughly mash all of the ingredients together using a fork on a clean work surface.)

Scrape into the shape of a log and place toward the end of a sheet of wax paper. Drape the wax paper over the log but do not roll it up. Gently roll the log back and forth until it is the same diameter all along it's length.

Roll up the log in the wax paper. Fold the ends over. Date it with a marker and identify what it is. Tuck the log into a zip-lock bag. freeze for up to six months.

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Per Serving (excluding unknown items): 823 Calories; 92g Fat (98.3% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Vegetable; 18 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	823	Vitamin B6 (mg):	.1mg
% Calories from Fat:	98.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	1.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	92g	Folacin (mcg):	6mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	248mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	14mg
Potassium (mg):	73mg
Calcium (mg):	44mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	3632IU
Vitamin A (r.e.):	871 1/2RE

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## Food Exchanges

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

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## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	823	<b>Calories from Fat:</b> 809
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### % Daily Values\*

<b>Total Fat</b> 92g	142%
Saturated Fat 57g	286%
<b>Cholesterol</b> 248mg	83%
<b>Sodium</b> 14mg	1%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	73%
<b>Vitamin C</b>	4%
<b>Calcium</b>	4%
<b>Iron</b>	2%

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