

Buffalo Butter

50 Burger Toppings
Food Network Magazine

3 tablespoons butter, softened
1 tablespoon chives, chopped
2 tablespoons hot sauce
salt (to taste)
1/4 cup blue cheese, crumbled
2 tablespoons celery, finely chopped

In a bowl, mash the butter and chives.

Season with the hot sauce and salt.

Stir in the blue cheese and celery.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 411 Calories; 43g Fat (91.8% calories from fat); 7g Protein; 2g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 1507mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	411	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.8%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	1.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	43g	Folacin (mcg):	21mcg
Saturated Fat (g):	27g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	114mg	% Refuse:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	1
Sodium (mg):	1507mg	Vegetable:	0
Potassium (mg):	176mg	Fruit:	0
Calcium (mg):	171mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	8
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	24mg		

Vitamin A (i.u.): 1741IU
Vitamin A (r.e.): 406 1/2RE

Nutrition Facts

Amount Per Serving

Calories	411	Calories from Fat: 378
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% Daily Values*

Total Fat	43g	66%
Saturated Fat	27g	134%
Cholesterol	114mg	38%
Sodium	1507mg	63%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	3%
Protein	7g	

Vitamin A	35%
Vitamin C	40%
Calcium	17%
Iron	2%

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