

Cheese Butter

Sonia Uvezian

The International Appetizer Cookbook (1984)

1/2 cup unsalted butter, room temperature

1/4 pound cream cheese, room temperature

1 1/2 ounces Roquefort cheese, crumbled

1 tablespoon dry vermouth

1 teaspoon mild onion, grated

salt (to taste)

freshly ground pepper (to taste)

Cream the unsalted butter.

Beat in the cream cheese, Roquefort cheese, vermouth and onion until well blended.

Force the mixture through a fine-mesh sieve.

Season with salt and pepper to taste.

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): 1384 Calories; 145g Fat (93.3% calories from fat); 19g Protein; 5g Carbohydrate; 0g Dietary Fiber; 411mg Cholesterol; 1120mg Sodium. Exchanges: 2 1/2 Lean Meat; 27 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1384
% Calories from Fat:	93.3%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	5.4%
Total Fat (g):	145g
Saturated Fat (g):	90g
Monounsaturated Fat (g):	41g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	411mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	19g
Sodium (mg):	1120mg
Potassium (mg):	209mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	39mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	17
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 400mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 5533IU
Vitamin A (r.e.): 1381RE

Non-Fat Milk: 0
Fat: 27 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1384 **Calories from Fat:** 1291

% Daily Values*

Total Fat	145g	222%
Saturated Fat	90g	452%
Cholesterol	411mg	137%
Sodium	1120mg	47%
Total Carbohydrates	5g	2%
Dietary Fiber	0g	0%
Protein	19g	

Vitamin A	111%
Vitamin C	0%
Calcium	40%
Iron	10%

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