

# Chile Butter

*Our Best Recipes  
Meredith Corporation*

*1/2 cup butter, softened  
zest of two limes  
juice of two limes  
2 teaspoons ancho chile pepper  
1 teaspoon chipotle pepper  
4 cloves garlic, crushed*

**Preparation Time: 10 minutes**

**Roast:**

In a bowl, combine the butter, lime zest, lime juice, ancho chile pepper, chipotle pepper and garlic. Cover. Refrigerate up to one week. Let stand at least 30 minutes before serving.

Per Serving (excluding unknown items): 832 Calories; 92g Fat (97.1% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 939mg Sodium. Exchanges: 1 Vegetable; 18 1/2 Fat.

Sauces and Condiments

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	832	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	97.1%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	2.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	0.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	92g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	57g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	27g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	248mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	4g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	939mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	88mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	49mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	18 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0

Vitamin C (mg): 11mg  
Vitamin A (i.u.): 3492IU  
Vitamin A (r.e.): 861RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	832	Calories from Fat: 808
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### % Daily Values\*

<b>Total Fat</b>	92g	142%
Saturated Fat	57g	286%
<b>Cholesterol</b>	248mg	83%
<b>Sodium</b>	939mg	39%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	70%
<b>Vitamin C</b>	19%
<b>Calcium</b>	5%
<b>Iron</b>	2%

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