

# Cranberry Butter

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**Servings: 24**

**Yield: 2 cups**

1 cup butter

1 cup fresh cranberries

2 tablespoons honey

1 tablespoon fresh sage, minced

1 tablespoon orange rind, finely grated

Combine all of the ingredients in a food processor and pulse until the cranberries are macerated evenly into the butter.

Use a spatula to scrape down the sides of the processor bowl occasionally between pulses.

Chill.

*Pulsing the cranberries with the butter creates a brilliant pink color. If the butter is smeared on a turkey, the cooked bird becomes a deep burgundy color.*

Per Serving (excluding unknown items): 75 Calories; 8g Fat (89.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 78mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

|                                |       |                       |       |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal):               | 75    | Vitamin B6 (mg):      | trace |
| % Calories from Fat:           | 89.0% | Vitamin B12 (mcg):    | trace |
| % Calories from Carbohydrates: | 10.5% | Thiamin B1 (mg):      | trace |
| % Calories from Protein:       | 0.5%  | Riboflavin B2 (mg):   | trace |
| Total Fat (g):                 | 8g    | Folacin (mcg):        | trace |
| Saturated Fat (g):             | 5g    | Niacin (mg):          | trace |
| Monounsaturated Fat (g):       | 2g    | Caffeine (mg):        | 0mg   |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):       | 0     |
| Cholesterol (mg):              | 21mg  | % Refuse:             | 0.0%  |
| Carbohydrate (g):              | 2g    |                       |       |
| Dietary Fiber (g):             | trace | <b>Food Exchanges</b> |       |
| Protein (g):                   | trace | Grain (Starch):       | 0     |
| Sodium (mg):                   | 78mg  | Lean Meat:            | 0     |
| Potassium (mg):                | 7mg   | Vegetable:            | 0     |
| Calcium (mg):                  | 3mg   | Fruit:                | 0     |
|                                |       | Non-Fat Milk:         | 0     |

Iron (mg): trace  
Zinc (mg): trace  
Vitamin C (mg): 1mg  
Vitamin A (i.u.): 293IU  
Vitamin A (r.e.): 72RE

Fat: 1 1/2  
Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

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|                 |    |                       |
|-----------------|----|-----------------------|
| <b>Calories</b> | 75 | Calories from Fat: 67 |
|-----------------|----|-----------------------|

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### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 8g    | 12% |
| Saturated Fat              | 5g    | 24% |
| <b>Cholesterol</b>         | 21mg  | 7%  |
| <b>Sodium</b>              | 78mg  | 3%  |
| <b>Total Carbohydrates</b> | 2g    | 1%  |
| Dietary Fiber              | trace | 1%  |
| <b>Protein</b>             | trace |     |

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|                  |    |
|------------------|----|
| <b>Vitamin A</b> | 6% |
| <b>Vitamin C</b> | 1% |
| <b>Calcium</b>   | 0% |
| <b>Iron</b>      | 0% |

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