

Dijon & Herb Butter

Kraft Food Groups

Yield: 12 tablespoons

1/2 cup butter, softened

1/3 cup Grey Poupon Dijon

Mustard

4 cloves garlic, minced

1 tablespoon fresh parsley, finely

chopped

1 tablespoon fresh sage, finely chopped

1 tablespoon fresh thyme, finely

chopped

In a bowl, mix all of the ingredients until blended.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 836 Calories; 92g Fat (96.7% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 941mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 18 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	836
% Calories from Fat:	96.7%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	0.9%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	941mg
Potassium (mg):	118mg
Calcium (mg):	71mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 3802IU
 Vitamin A (r.e.): 892RE

Fat: 18 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	836	Calories from Fat: 809
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% Daily Values*

Total Fat	92g	142%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	941mg	39%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Protein	2g	
Vitamin A		76%
Vitamin C		21%
Calcium		7%
Iron		6%

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