

# Garlic and Chive Butter

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## Yield: 1/2 cup

1 stick salted butter, room temperature  
rind of 1/2 lemon, finely grated  
2 cloves garlic, finely minced  
2 tablespoons chives, finely chopped

Stir together all of the ingredients. Pile the butter mixture on a large sheet of plastic wrap. Fold over the plastic wrap and roll the butter into a log shape, twisting the ends to secure.

Refrigerate until ready to serve. (Can be made up to three days in advance.)

Serve on top of steak and asparagus.

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Per Serving (excluding unknown items): 11 Calories; trace Fat (4.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	11
% Calories from Fat:	4.6%
% Calories from Carbohydrates:	76.3%
% Calories from Protein:	19.1%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	42mg
Calcium (mg):	16mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 261IU  
**Vitamin A (r.e.):** 26RE

**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 11 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		9%
<b>Calcium</b>		2%
<b>Iron</b>		1%

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