

# Herb Cheese Butter

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

1/2 cup unsalted butter, room temperature  
1/4 cup cream cheese, room temperature  
2 ounces goat cheese, crumbled  
1/2 cup parsley, very finely chopped  
1/2 cup mixed fresh herbs (basil, chives and thyme or rosemary), very finely chopped  
salt (to taste)  
freshly ground pepper (to taste)

Cream the butter.

Beat in the cream cheese, goat cheese, parsley and mixed herbs until well blended.

Force the mixture through a fine-meshed sieve.

Season to taste with salt and pepper.

*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): 1283 Calories; 133g Fat (91.3% calories from fat); 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 371mg Cholesterol; 397mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 24 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	1283	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.2%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	133g	Folacin (mcg):	59mcg
Saturated Fat (g):	84g	Niacin (mg):	2mg
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	371mg	% Refuse:	0.0%
Carbohydrate (g):	5g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	24g	Lean Meat:	3
Sodium (mg):	397mg	Vegetable:	1/2

**Potassium (mg):** 292mg  
**Calcium (mg):** 622mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 40mg  
**Vitamin A (i.u.):** 6167IU  
**Vitamin A (r.e.):** 1354RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 24 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1283                      Calories from Fat: 1172

### % Daily Values\*

<b>Total Fat</b>	133g	204%
Saturated Fat	84g	420%
<b>Cholesterol</b>	371mg	124%
<b>Sodium</b>	397mg	17%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	24g	
<b>Vitamin A</b>		123%
<b>Vitamin C</b>		67%
<b>Calcium</b>		62%
<b>Iron</b>		21%

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