

# Honey Mustard Beer Butter

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## Yield: 1/2 cup

4 ounces (one stick) unsalted butter,  
room temperature

1 tablespoon honey

1 heaping teaspoon Dijon mustard

1 tablespoon beer

1/2 teaspoon salt

## Preparation Time: 10 minutes

In a mixer bowl, mix the butter until very soft and silky (2 to 3 minutes). Drizzle in the honey and continue mixing until well incorporated.

Add the mustard, beer and salt. Beat until all of the ingredients are thoroughly mixed.

Use immediately or roll the butter into a log and tightly wrap with plastic wrap with twisted ends.

Store in the refrigerator or freezer until needed.

*Before beginning, make sure the butter is soft (but not melted): pressing it with your finger should leave a divot. If the butter is too firm, it will not blend in with the honey, and the honey will seep out in little beads.*

Per Serving (excluding unknown items): 3334 Calories; 369g Fat (97.2% calories from fat); 5g Protein; 19g Carbohydrate; trace Dietary Fiber; 993mg Cholesterol; 1305mg Sodium. Exchanges: 0 Lean Meat; 73 1/2 Fat; 1 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	3334
% Calories from Fat:	97.2%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	0.5%
Total Fat (g):	369g
Saturated Fat (g):	229g
Monounsaturated Fat (g):	107g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	993mg
Carbohydrate (g):	19g
Dietary Fiber (g):	trace
Protein (g):	5g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refused:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 1305mg  
**Potassium (mg):** 152mg  
**Calcium (mg):** 128mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 13871IU  
**Vitamin A (r.e.):** 3420RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 73 1/2  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	3334	Calories from Fat: 3241
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### % Daily Values\*

<b>Total Fat</b>	369g	567%
Saturated Fat	229g	1145%
<b>Cholesterol</b>	993mg	331%
<b>Sodium</b>	1305mg	54%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	trace	2%
<b>Protein</b>	5g	
<b>Vitamin A</b>		277%
<b>Vitamin C</b>		0%
<b>Calcium</b>		13%
<b>Iron</b>		6%

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