

Jalapeno Lime Butter

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1/2 teaspoon salt
4 tablespoons unsalted butter, softened
1 clove garlic, minced
1 to 2 tablespoons jalapeno pepper,
seeded and finely chopped
rind of one lime, finely grated
1 tablespoon fresh lime juice
1 teaspoon honey

In a bowl, stir together the salt, unsalted butter,
garlic, jalapeno, lime rind, lime juice and honey.

Form the mixture into a log.

Roll the log in plastic wrap.

Refrigerate.

Per Serving (excluding unknown
items): 441 Calories; 46g Fat
(91.2% calories from fat); 1g
Protein; 9g Carbohydrate; 1g
Dietary Fiber; 124mg Cholesterol;
1073mg Sodium. Exchanges: 1/2
Vegetable; 0 Fruit; 9 Fat; 1/2 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	441	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	8.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	46g	Folacin (mcg):	10mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1073mg	Vegetable:	1/2
Potassium (mg):	77mg	Fruit:	0
Calcium (mg):	29mg	Non-Fat Milk:	0

Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 12mg
 Vitamin A (i.u.): 1766IU
 Vitamin A (r.e.): 430 1/2RE

Fat: 9
 Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 441 Calories from Fat: 402

% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	1073mg	45%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	2%
Protein	1g	

Vitamin A	35%
Vitamin C	19%
Calcium	3%
Iron	1%

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