

# Onion-Parmesan Butter

*Publix GRAPE Magazine - Spring 2014*

*1/2 cup butter, softened  
2 tablespoons Parmesan cheese, grated  
1 tablespoon green onion, sliced*

In a bowl, combine the butter, Parmesan and green onion.

Refrigerate.

Per Serving (excluding unknown items): 861 Calories; 95g Fat (97.2% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 256mg Cholesterol; 1124mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 18 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	861
% Calories from Fat:	97.2%
% Calories from Carbohydrates:	0.4%
% Calories from Protein:	2.4%
Total Fat (g):	95g
Saturated Fat (g):	59g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	256mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	1124mg
Potassium (mg):	57mg
Calcium (mg):	169mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3561IU
Vitamin A (r.e.):	882RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	0

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	861	Calories from Fat: 837
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### % Daily Values\*

<b>Total Fat</b>	95g	146%
Saturated Fat	59g	296%
<b>Cholesterol</b>	256mg	85%
<b>Sodium</b>	1124mg	47%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	5g	

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<b>Vitamin A</b>	71%
<b>Vitamin C</b>	2%
<b>Calcium</b>	17%
<b>Iron</b>	2%

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