

Parsley and Cream Cheese Butter

Sonia Uvezian
The International Appetizer Cookbook (1984)

1/2 cup unsalted butter
1/4 pound cream cheese, room temperature
1/2 teaspoon anchovy paste
1/2 cup parsley, finely chopped
1 tablespoon chives, finely chopped

Cream the unsalted butter.

Gradually beat in the cream cheese and anchovy paste.

Add the parsley and chives.

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): 1228 Calories; 132g Fat (94.8% calories from fat); 11g Protein; 5g Carbohydrate; 1g Dietary Fiber; 373mg Cholesterol; 365mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 25 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1228	Vitamin B6 (mg):	.1mg
% Calories from Fat:	94.8%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	1.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	132g	Folacin (mcg):	67mcg
Saturated Fat (g):	82g	Niacin (mg):	1mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	373mg	% Refuse:	0 0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	11g	Lean Meat:	1 1/2
Sodium (mg):	365mg	Vegetable:	1/2
Potassium (mg):	340mg	Fruit:	0
Calcium (mg):	161mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	25 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 42mg
Vitamin A (i.u.): 6778IU
Vitamin A (r.e.): 1512RE

Nutrition Facts

Amount Per Serving

Calories	1228	Calories from Fat: 1164
-----------------	------	-------------------------

% Daily Values*

Total Fat	132g	203%
Saturated Fat	82g	411%
Cholesterol	373mg	124%
Sodium	365mg	15%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	11g	

Vitamin A	136%
Vitamin C	69%
Calcium	16%
Iron	19%

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