

# Pesto Butter

*www.CommunityTable.com*

*1/4 cup basil leaves  
3 cloves garlic  
1/4 cup olive oil  
1 tablespoon lemon juice  
1/8 to 1/4 cup Parmesan cheese,  
grated  
2 sticks unsalted butter, softened*

**Preparation Time: 3 hours**

**Cook Time: 5 minutes**

Soften the butter completely.

In a food processor, place the basil leaves and garlic. Pulse until chopped.

Add the lemon juice, Parmesan cheese and olive oil. Pulse to combine.

Place the butter in a bowl. Add the pesto mixture. Mix well.

Remove the butter on to plastic wrap. Form into a log.

Tighten by twirling each end and tie off the ends.

Place in a refrigerator for at least two hours and up to overnight.

Serve and enjoy.

(The butter can also be frozen and pieces cut off when needed.)

---

Per Serving (excluding unknown items): 2125 Calories; 238g Fat (98.6% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 497mg Cholesterol; 38mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 47 1/2 Fat.

Sauces and Condiments

**Per Serving Nutritional Analysis**

---

% Calories from Fat:	98.6%
% Calories from Carbohydrates:	0.8%
% Calories from Protein:	0.5%
Total Fat (g):	238g
Saturated Fat (g):	122g
Monounsaturated Fat (g):	93g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	497mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	38mg
Potassium (mg):	134mg
Calcium (mg):	86mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	11mg
Vitamin A (i.u.):	7107IU
Vitamin A (r.e.):	1728RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

---

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	47 1/2
Other Carbohydrates:	0

---

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	2125	<b>Calories from Fat:</b>	2095
-----------------	------	---------------------------	------

---

### % Daily Values\*

<b>Total Fat</b>	238g	366%
Saturated Fat	122g	610%
<b>Cholesterol</b>	497mg	166%
<b>Sodium</b>	38mg	2%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	3g	
<hr/>		
<b>Vitamin A</b>		142%
<b>Vitamin C</b>		18%
<b>Calcium</b>		9%
<b>Iron</b>		4%

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