



Shallot Parsley Butter

EQUIPMENT

- Mixing Bowl
- Measuring Spoons
- Cutting Board
- Sharp Knife
- Spatula
- Food Processor or Hand Mixer
- Plastic Wrap

Nutrition Facts (Metabolic Pro # 7014, 6/8/2020)

Per serving	Per entire recipe
Calories: 205	Calories: 822
Protein: 0.3 gm	Protein: 1.3 gm
Carbohydrate: 0.5 gm	Carbohydrate: 2 gm
Phenylalanine: 15 mg (1 exch)	Phenylalanine: 60 mg
Leucine: 29 mg (1 exch)	Leucine: 117 mg

PREP TIME: 15 minutes

INGREDIENTS

- 4 ounces (1 stick) Unsalted Butter, room temperature
- 1 tablespoon Flat-Leaf (Italian) Parsley, finely chopped
✎ Gently rub produce under cold running water.
- 1 tablespoon Shallot, diced
- ¼ teaspoon Table Salt

DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe. *Read the recipe in its entirety before starting.*
2. Wash your hands with soap and water.
3. Once you have measured out all of the ingredients, add the softened butter to a food processor or a bowl if using a hand mixer or if by hand with a spatula.
 - a. Add the parsley, shallots and salt. Mix until well combined.
4. Once mixed, transfer to the plastic wrap and shape into a log (~5-6 inches).
5. Twist the plastic wrap to secure both ends of the shallot parsley (compounded) butter.
6. Label and date and put in the refrigerator for at least 2 hours to harden.

Note: Instead of unsalted butter you can use margarine and other spreads found in the grocery store. Adjust the salt if not using an unsalted version. The nutrition content will change depending on what you use.

YIELD: 120 gm

SERVING SIZE for COOKING DEMO: 2 Tablespoons/serving of pasta

NUMBER of SERVINGS: 4



THE RECIPE:

- The nutrient values are approximations due to the variations in ingredients and measurements.
- The nutrition content was calculated by a registered dietitian.
- The nutritional values used in the calculations came from Metabolic Pro (GMDI) and the USDA Agriculture Research Service Data Central.
 - **Metabolic Pro:**
 - <https://www.metabolicpro.org/>
 - **United States Department of Agriculture (USDA):**
 - <https://fdc.nal.usda.gov/>
 - Accessed: 6/8/2020

SOURCES:

- **The Art of Food & Wine Compound Butter Recipe:**
 - <https://theartoffoodandwine.com/compound-butter/>
 - Accessed 6/8/2020
- **Safe Recipe Guide:**
 - <https://www.saferecipeguide.org/>
 - Accessed: 6/8/2020
- **Centers for Disease Control & Prevention (CDC):**
 - <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
 - Accessed: 6/8/2020
- **Food & Nutrition Magazine[®]:**
 - <https://foodandnutrition.org/about-us/about-our-recipes/>
 - Accessed: 6/8/2020