



Austrian Cheese Spread with Pumpkin Seed Oil



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



203 kcal

CONDIMENT

DIP

SPREAD

Ingredients

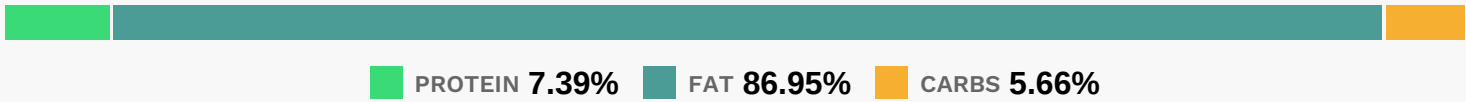
- ☐ 8 ounces cream cheese softened
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 tablespoon garnish: epazote leaves; pumpkin-seed oil
- ☐ 0.3 cup pumpkin seeds toasted finely chopped
- ☐ 5 servings salt and pepper freshly ground

Equipment

Directions

☐ Blend the cream cheese with the chopped pumpkin seeds, the pumpkin seed oil and mustard and season with salt and pepper. Top with the whole pumpkin seeds and serve.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:3.4213043535533%

Nutrients (% of daily need)

Calories: 203.19kcal (10.16%), Fat: 19.98g (30.74%), Saturated Fat: 10.03g (62.72%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.77g (1.97%), Cholesterol: 45.81mg (15.27%), Sodium: 352.94mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 610.75IU (12.22%), Phosphorus: 89.61mg (8.96%), Manganese: 0.16mg (7.86%), Selenium: 4.71µg (6.73%), Vitamin B2: 0.11mg (6.48%), Magnesium: 23.75mg (5.94%), Calcium: 46.54mg (4.65%), Zinc: 0.49mg (3.25%), Vitamin E: 0.47mg (3.1%), Vitamin B5: 0.29mg (2.87%), Copper: 0.05mg (2.62%), Potassium: 88.05mg (2.52%), Iron: 0.36mg (1.99%), Vitamin B12: 0.1µg (1.66%), Vitamin B6: 0.03mg (1.55%), Folate: 6.04µg (1.51%), Vitamin B1: 0.02mg (1.47%), Vitamin K: 1.21µg (1.15%), Vitamin B3: 0.21mg (1.05%), Fiber: 0.26g (1.03%)