



Blue Cheese Butter

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



140 kcal

SIDE DISH

Ingredients

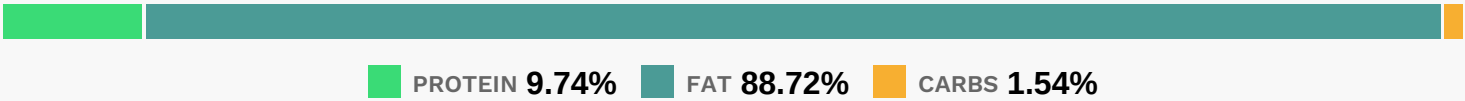
- ☐ 0.5 cup butter
- ☐ 5 oz wedge ripened cheese blue soft
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 green onion minced
- ☐ 0.3 teaspoon pepper freshly ground

Equipment

Directions

- ☐ Let cheese and butter come to room temperature. Stir together cheese, butter, and remaining ingredients with a fork until thoroughly blended.
- ☐ Serve immediately. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:3.1391304640666%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 140.32kcal (7.02%), Fat: 14.05g (21.62%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.1g (0.11%), Cholesterol: 38.58mg (12.86%), Sodium: 171.83mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin K: 16.83µg (16.03%), Calcium: 105.44mg (10.54%), Vitamin A: 505.65IU (10.11%), Phosphorus: 69.17mg (6.92%), Selenium: 4.31µg (6.15%), Vitamin B2: 0.07mg (4.03%), Zinc: 0.55mg (3.65%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.38mg (2.56%), Vitamin C: 1.29mg (1.57%), Folate: 5.34µg (1.34%), Magnesium: 5.02mg (1.25%)