



Blue Cheese Herb Spread



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



195 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 tablespoons chives chopped
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons walnuts

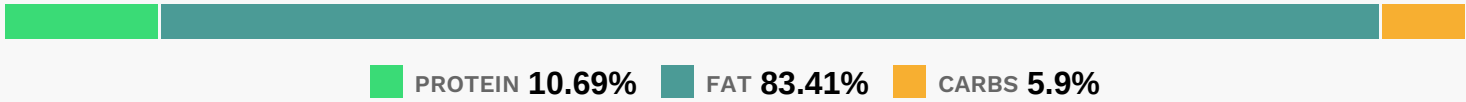
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the walnuts, parsley, and chives in the bowl of a food processor, and process until finely chopped.
- ☐ Place herb mixture into a small bowl, and stir in blue cheese. Set aside.
- ☐ Place the cream cheese in the bowl of a food processor, and process until smooth.
- ☐ Add the herb mixture to the cream cheese, and process until thoroughly blended.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:5.2047826155372%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.59kcal (9.73%), Fat: 18.42g (28.34%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.59g (1.77%), Cholesterol: 46.61mg (15.54%), Sodium: 248.91mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin K: 25.15µg (23.95%), Vitamin A: 750IU (15%), Calcium: 102.09mg (10.21%), Phosphorus: 96.87mg (9.69%), Vitamin B2: 0.14mg (8.08%), Selenium: 5.06µg (7.22%), Manganese: 0.12mg (6.24%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.61mg (4.07%), Vitamin B12: 0.22µg (3.67%), Folate: 13.8µg (3.45%), Copper: 0.07mg (3.39%), Magnesium: 12.34mg (3.09%), Vitamin B6: 0.06mg (3.02%), Potassium: 103.74mg (2.96%), Vitamin C: 2.4mg (2.91%), Vitamin E: 0.39mg (2.59%), Vitamin B1: 0.03mg (1.68%), Iron: 0.27mg (1.51%), Fiber: 0.29g (1.17%), Vitamin B3: 0.21mg (1.05%)