



## Blue Cheese, Port, and Walnut Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



308 kcal

BEVERAGE

DRINK

### Ingredients

- 1 pound cheese blue
- 0.3 cup port wine
- 0.5 cup butter unsalted softened
- 1.5 cups walnuts chopped

### Equipment

- food processor
- bowl

## Directions

- In a food processor blend together cheese, butter, and port until the mixture is smooth. In a bowl, combine the cheese mix and the walnuts.
- Transfer the spread to a crock. Chill.

## Nutrition Facts

**PROTEIN 13.45%** **FAT 81.62%** **CARBS 4.93%**

## Properties

Glycemic Index:3.92, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:7.954347729035%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 307.56kcal (15.38%), Fat: 28.06g (43.16%), Saturated Fat: 12.82g (80.15%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.1g (1.22%), Cholesterol: 48.68mg (16.23%), Sodium: 436.63mg (18.98%), Alcohol: 1.02g (100%), Alcohol %: 1.89% (100%), Protein: 10.41g (20.81%), Manganese: 0.51mg (25.55%), Calcium: 216.72mg (21.67%), Phosphorus: 199.76mg (19.98%), Copper: 0.25mg (12.61%), Vitamin A: 527.7IU (10.55%), Vitamin B2: 0.17mg (10.04%), Zinc: 1.47mg (9.8%), Selenium: 6.33µg (9.04%), Magnesium: 32.59mg (8.15%), Vitamin B12: 0.48µg (7.95%), Vitamin B5: 0.75mg (7.49%), Vitamin B6: 0.14mg (7.08%), Folate: 28.22µg (7.06%), Potassium: 169.67mg (4.85%), Vitamin B1: 0.06mg (4.17%), Fiber: 0.98g (3.92%), Iron: 0.56mg (3.11%), Vitamin B3: 0.57mg (2.84%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.33µg (2.21%), Vitamin K: 1.96µg (1.87%)