



Blue Cheese Spread

READY IN



5 min.

SERVINGS



14

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 14 servings original crackers keebler® town house®
- ☐ 0.5 cup green onions sliced
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 cup tomatoes seeded chopped

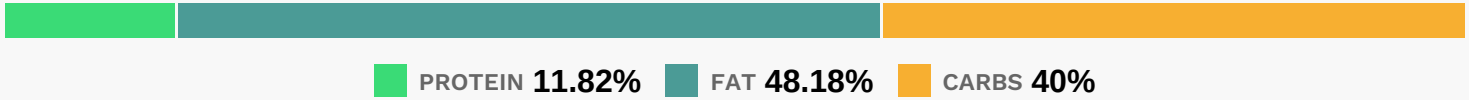
Equipment

- ☐ bowl

Directions

- ☐ In small bowl stir together sour cream and salad dressing. Stir in cheese, onions and tomato.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:4.0634782651196%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 120.94kcal (6.05%), Fat: 6.5g (10%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.61g (4.22%), Sugar: 1.61g (1.78%), Cholesterol: 7.97mg (2.66%), Sodium: 264.43mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin K: 16.04µg (15.28%), Phosphorus: 91.4mg (9.14%), Calcium: 88.93mg (8.89%), Vitamin B2: 0.1mg (5.61%), Vitamin B1: 0.08mg (5.38%), Manganese: 0.1mg (4.95%), Folate: 18.98µg (4.74%), Vitamin B3: 0.94mg (4.68%), Iron: 0.81mg (4.51%), Vitamin E: 0.63mg (4.21%), Selenium: 2.59µg (3.7%), Vitamin A: 174.46IU (3.49%), Zinc: 0.42mg (2.79%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.23mg (2.33%), Potassium: 76.79mg (2.19%), Fiber: 0.52g (2.1%), Magnesium: 7.38mg (1.84%), Vitamin C: 1.4mg (1.7%), Vitamin B6: 0.03mg (1.68%), Copper: 0.03mg (1.56%)