



WHATSheATE



Blue Cheese Spread

 Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



319 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 ounces cheese blue with danish cheese crumbled
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon hot sauce
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 0.5 cup walnut halves toasted chopped
- ☐ 2 teaspoons worcestershire sauce

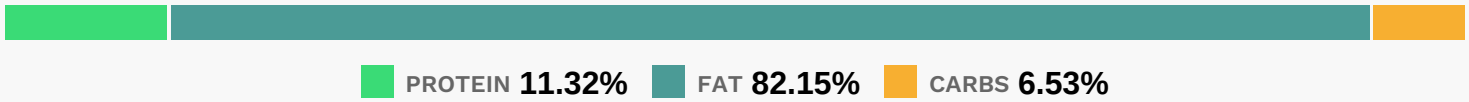
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until creamy.
- ☐ Add sour cream, Worcestershire sauce, and hot sauce; stir until blended. Stir in blue cheese and walnuts. Cover and chill at least 2 hours.
- ☐ Note about Leftovers: Spoon extra spread over steak, or add a splash of milk to transform it into salad dressing.

Nutrition Facts



Properties

Glycemic Index:10.57, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:7.2534782445949%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg

Nutrients (% of daily need)

Calories: 319.37kcal (15.97%), Fat: 29.86g (45.93%), Saturated Fat: 14.87g (92.96%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.78g (1.74%), Sugar: 2.84g (3.16%), Cholesterol: 70.06mg (23.35%), Sodium: 428.78mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Calcium: 202.52mg (20.25%), Phosphorus: 183.34mg (18.33%), Vitamin A: 826.33IU (16.53%), Manganese: 0.29mg (14.75%), Vitamin B2: 0.24mg (13.94%), Selenium: 7.93µg (11.32%), Copper: 0.16mg (7.89%), Zinc: 1.18mg (7.85%), Vitamin B5: 0.76mg (7.62%), Vitamin B12: 0.44µg (7.26%), Magnesium: 25.2mg (6.3%), Vitamin B6: 0.12mg (5.88%), Potassium: 196.87mg (5.62%), Folate: 21.97µg (5.49%), Vitamin E: 0.52mg (3.49%), Vitamin B1: 0.05mg (3.39%), Iron: 0.47mg (2.61%), Fiber: 0.56g (2.25%), Vitamin B3: 0.41mg (2.07%), Vitamin K: 2.01µg (1.91%), Vitamin C: 1.05mg (1.27%)