



Blue Cheese Spread

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 tablespoons celery finely chopped
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 tablespoon worcestershire sauce

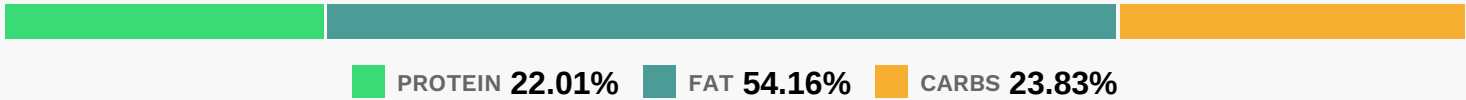
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place cream cheese in a bowl; beat with a mixer at medium speed until creamy.
- ☐ Add blue cheese and next 4 ingredients; stir well. Spoon into a serving dish.
- ☐ Combine pecans and cranberries; sprinkle over cheese mixture. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.3639130320238%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 77.84kcal (3.89%), Fat: 4.85g (7.46%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.16g (1.51%), Sugar: 3.3g (3.67%), Cholesterol: 5.81mg (1.94%), Sodium: 206.71mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Phosphorus: 131.7mg (13.17%), Manganese: 0.23mg (11.44%), Calcium: 97.49mg (9.75%), Vitamin B2: 0.08mg (4.59%), Zinc: 0.63mg (4.17%), Vitamin B12: 0.24µg (3.95%), Copper: 0.07mg (3.49%), Potassium: 102.84mg (2.94%), Vitamin B5: 0.29mg (2.92%), Magnesium: 11.48mg (2.87%), Vitamin B1: 0.04mg (2.76%), Selenium: 1.82µg (2.61%), Fiber: 0.64g (2.56%), Folate: 10.24µg (2.56%), Vitamin B6: 0.03mg (1.55%), Iron: 0.26mg (1.47%), Vitamin A: 56.21IU (1.12%)