



## Blue Cheese-Walnut Spread

READY IN



80 min.

SERVINGS



16

CALORIES



195 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4.5 oz athenos cheese blue crumbled
- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 2 Tbsp chives fresh chopped
- 16 servings ritz crackers
- 0.5 cup planters walnuts chopped
- 1 tsp lea & perrins worcestershire sauce

### Equipment

bowl

## Directions

- Mix cream cheese, blue cheese, sour cream and Worcestershire sauce in medium bowl until well blended. Stir in walnuts and chives; cover.
- Refrigerate at least 1 hour.
- Serve as a spread with the crackers.

## Nutrition Facts

 PROTEIN **9.04%**  FAT **66.61%**  CARBS **24.35%**

## Properties

Glycemic Index:7.44, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:4.7508696058522%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 195.02kcal (9.75%), Fat: 14.66g (22.55%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.43g (4.16%), Sugar: 2.26g (2.51%), Cholesterol: 24.54mg (8.18%), Sodium: 284.51mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Phosphorus: 108.26mg (10.83%), Manganese: 0.22mg (10.78%), Calcium: 92.08mg (9.21%), Vitamin K: 9.5µg (9.05%), Vitamin B2: 0.12mg (7.29%), Vitamin A: 313.33IU (6.27%), Vitamin B1: 0.09mg (6.05%), Selenium: 3.56µg (5.09%), Vitamin E: 0.75mg (5.03%), Folate: 20.1µg (5.03%), Iron: 0.89mg (4.96%), Vitamin B3: 0.93mg (4.64%), Copper: 0.09mg (4.32%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.32mg (3.24%), Magnesium: 12.85mg (3.21%), Vitamin B6: 0.05mg (2.69%), Potassium: 87.38mg (2.5%), Fiber: 0.62g (2.49%), Vitamin B12: 0.14µg (2.39%)