



Buttery Blue Cheese Spread with Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



1242 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 16 ounce round bread loaf
- ☐ 0.5 cup butter softened
- ☐ 24 ounce cream cheese softened
- ☐ 0.5 cup chives fresh chopped
- ☐ 0.5 cup walnuts diced toasted
- ☐ 5 servings garnishes: walnuts fresh diced toasted chopped

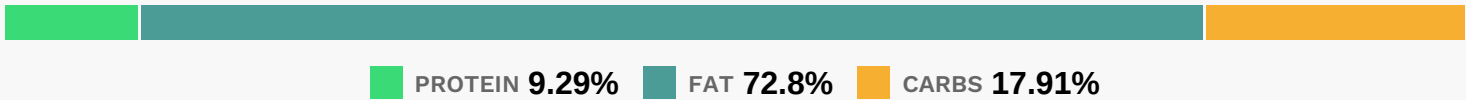
Equipment

☐ bowl

Directions

- ☐ Stir together first 5 ingredients and, if desired, sherry in a large bowl; cover and chill mixture 8 hours.
- ☐ Let stand at room temperature to soften; or freeze spread up to 1 month, and thaw in the refrigerator for 8 hours.
- ☐ Hollow out bread loaf, leaving a 1-inch-thick shell; reserve inside of loaf for other uses. Spoon softened cheese spread into shell.
- ☐ Garnish, if desired.
- ☐ Serve with sliced apples and pears or with toasted French baguette slices.

Nutrition Facts



Properties

Glycemic Index:49.53, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:30.853043483651%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1241.58kcal (62.08%), Fat: 103.06g (158.55%), Saturated Fat: 46.59g (291.19%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 50.51g (18.37%), Sugar: 11.6g (12.89%), Cholesterol: 203.25mg (67.75%), Sodium: 1264.11mg (54.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Manganese: 2.54mg (126.85%), Selenium: 43.42µg (62.03%), Vitamin A: 2752.12IU (55.04%), Phosphorus: 502.45mg (50.25%), Copper: 0.84mg (41.86%), Calcium: 415.14mg (41.51%), Vitamin B2: 0.7mg (41.36%), Vitamin B1: 0.56mg (37.15%), Folate: 143.27µg (35.82%), Magnesium: 122.68mg (30.67%), Vitamin B3: 5.93mg (29.64%), Iron: 4.77mg (26.49%), Fiber: 6.52g (26.09%), Zinc: 3.56mg (23.72%), Vitamin B6: 0.44mg (22.23%), Vitamin B5: 2.19mg (21.87%), Vitamin K: 19.08µg (18.17%), Potassium: 566.78mg (16.19%), Vitamin E: 2.23mg (14.84%), Vitamin B12: 0.61µg (10.24%), Vitamin C: 3.05mg (3.69%)