



Buttery Roquefort Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pinch pepper
- 0.3 cup roquefort blue
- 1 tablespoon butter unsalted softened
- 1 tablespoon sauternes wine

Equipment

Directions

- Mix all ingredients with back of spoon until thoroughly blended.
- Serve at room temperature with celery sticks or toasted baguette slices.

Nutrition Facts

PROTEIN 13.15% **FAT 84.58%** **CARBS 2.27%**

Properties

Glycemic Index:18.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.1356521636734%

Nutrients (% of daily need)

Calories: 58.05kcal (2.9%), Fat: 5.26g (8.09%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.07g (0.08%), Cholesterol: 13.85mg (4.62%), Sodium: 97.61mg (4.24%), Alcohol: 0.39g (100%), Alcohol %: 3.15% (100%), Protein: 1.84g (3.68%), Calcium: 45.8mg (4.58%), Phosphorus: 34.28mg (3.43%), Vitamin A: 151.98IU (3.04%), Vitamin B2: 0.03mg (2.02%), Vitamin B12: 0.11µg (1.81%), Selenium: 1.27µg (1.81%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.51%)