



WHATSheATE



Cheddar and Horseradish Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

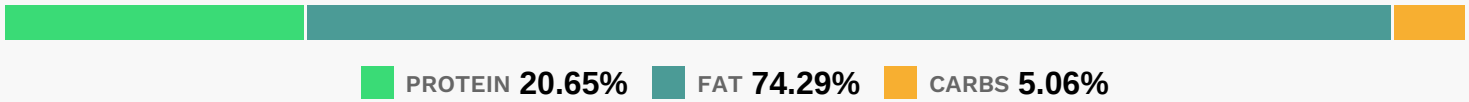
- ☐ 8 servings pepper black freshly ground
- ☐ 3 cups cheddar cheese grated
- ☐ 0.3 cup wine dry white
- ☐ 3 tablespoons horseradish prepared drained
- ☐ 8 servings kosher salt
- ☐ 0.5 teaspoons paprika hot
- ☐ 0.3 cup cream sour

Equipment

Directions

- ☐ Process 3 cupsgrated cheddar,1/3 cup dry whitewine, 1/3 cup sourcream, 3
tablespoonsdrained preparedhorseradish,and 1/2 teaspoons hotpaprika in a foodprocessor
untilsmooth; season withkosher salt andfreshly ground blackpepper.
- ☐ Servetopped with morepaprika.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:6.0582608632419%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 203.37kcal (10.17%), Fat: 16.32g (25.12%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.03g (1.14%), Cholesterol: 48.03mg (16.01%), Sodium: 498.12mg (21.66%), Alcohol: 1.03g (100%), Alcohol %: 1.91% (100%), Protein: 10.21g (20.42%), Calcium: 314.17mg (31.42%), Phosphorus: 205.46mg (20.55%), Selenium: 12.53µg (17.9%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.65mg (11.02%), Vitamin A: 546.53IU (10.93%), Vitamin B12: 0.47µg (7.82%), Magnesium: 15.32mg (3.83%), Folate: 12.86µg (3.21%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.22mg (2.21%), Potassium: 69.76mg (1.99%), Manganese: 0.04mg (1.97%), Vitamin C: 1.49mg (1.8%), Vitamin D: 0.25µg (1.69%), Vitamin K: 1.54µg (1.46%), Copper: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.05%), Fiber: 0.25g (1.02%)