



Cheddar, Red Pepper, and Horseradish Spread

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.3 cups sharp cheddar cheese extra-sharp finely grated
- ☐ 1 tablespoon horseradish drained
- ☐ 0.3 cup mayonnaise
- ☐ 7 oz roasted peppers red dry rinsed drained finely chopped ()
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon worcestershire sauce

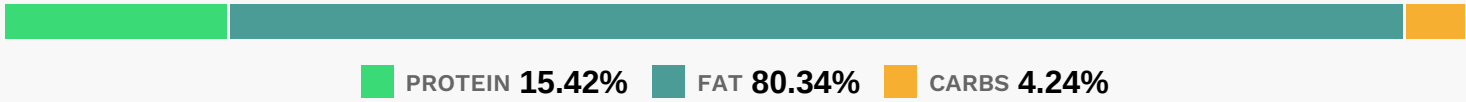
Equipment

bowl

Directions

Stir together all ingredients in a bowl until combined well.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:6.2052174003228%

Nutrients (% of daily need)

Calories: 198.94kcal (9.95%), Fat: 17.88g (27.5%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.35g (0.38%), Cholesterol: 35.7mg (11.9%), Sodium: 692.14mg (30.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Calcium: 237.38mg (23.74%), Phosphorus: 153.38mg (15.34%), Vitamin K: 16.11µg (15.34%), Vitamin C: 12.05mg (14.61%), Selenium: 9.34µg (13.34%), Vitamin A: 454.18IU (9.08%), Vitamin B2: 0.15mg (8.85%), Zinc: 1.24mg (8.28%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.55mg (3.64%), Vitamin B6: 0.07mg (3.42%), Folate: 12.22µg (3.05%), Magnesium: 12.07mg (3.02%), Manganese: 0.05mg (2.7%), Copper: 0.05mg (2.36%), Potassium: 71.01mg (2.03%), Iron: 0.3mg (1.69%), Vitamin B5: 0.16mg (1.59%), Fiber: 0.38g (1.5%), Vitamin D: 0.21µg (1.4%), Vitamin B1: 0.02mg (1.12%)