



Cheese and Guinness Spread

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon caraway seeds
- ☐ 8 servings crackers and crudité's assorted
- ☐ 2 ounces cream cheese at room temperature
- ☐ 1 clove garlic chopped
- ☐ 2 ounces guinness stout
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons parsley chopped
- ☐ 8 servings salt and pepper
- ☐ 1 shallots finely chopped

- ☐ 6 ounces sharp cheddar grated
- ☐ 4 tablespoons butter unsalted

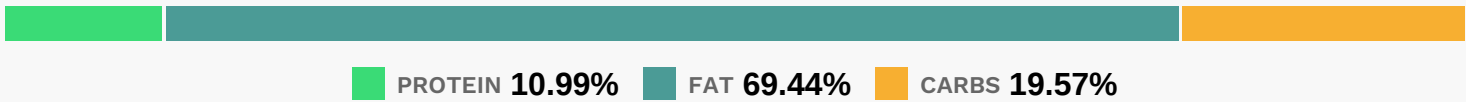
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small skillet, melt butter over medium heat.
- ☐ Add shallot and saut until soft, 3 minutes.
- ☐ Add garlic; cook for 2 minutes longer.
- ☐ Transfer to a food processor and let cool.
- ☐ Add Guinness, cheeses, caraway and paprika to food processor and blend until smooth. Season with salt and pepper.
- ☐ Place in a serving bowl, cover and chill for at least 4 hours.
- ☐ Sprinkle with parsley and serve with crackers and crudits.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:6.5691303947698%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.9kcal (12.34%), Fat: 19.11g (29.39%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.52g (4.19%), Sugar: 1.92g (2.13%), Cholesterol: 43.47mg (14.49%), Sodium: 498.09mg

(21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin K: 25.68µg (24.46%), Calcium: 188mg (18.8%), Phosphorus: 154.46mg (15.45%), Vitamin A: 629.58IU (12.59%), Selenium: 7.55µg (10.78%), Vitamin B2: 0.16mg (9.35%), Vitamin E: 0.99mg (6.6%), Zinc: 0.96mg (6.4%), Vitamin B1: 0.08mg (5.55%), Manganese: 0.11mg (5.53%), Iron: 0.91mg (5.07%), Folate: 19.5µg (4.88%), Vitamin B12: 0.25µg (4.21%), Vitamin B3: 0.84mg (4.2%), Magnesium: 11.36mg (2.84%), Fiber: 0.6g (2.4%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.21mg (2.14%), Vitamin C: 1.72mg (2.09%), Potassium: 68.51mg (1.96%), Copper: 0.04mg (1.84%), Vitamin D: 0.23µg (1.55%)