



Cheese & chive spread

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



250 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 300 g lancashire cheese red grated (or vegetarian alternative)
- ☐ 140 g mayonnaise light
- ☐ 2 tsp dijon mustard english
- ☐ 15 g chives snipped

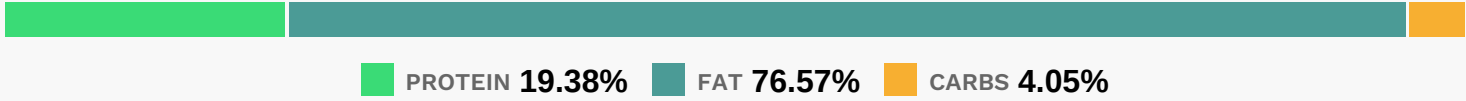
Equipment

- ☐ bowl

Directions

☐ Simply mix everything together, then press into a bowl.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.7960870045683%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 250.03kcal (12.5%), Fat: 21.3g (32.77%), Saturated Fat: 11.37g (71.06%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.14g (1.27%), Cholesterol: 55.23mg (18.41%), Sodium: 584.71mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Calcium: 325.2mg (32.52%), Phosphorus: 236.95mg (23.69%), Vitamin K: 17.85µg (17%), Selenium: 7.88µg (11.26%), Zinc: 1.43mg (9.54%), Vitamin B2: 0.15mg (8.99%), Vitamin B12: 0.4µg (6.67%), Vitamin A: 241.66IU (4.83%), Vitamin E: 0.52mg (3.44%), Folate: 12.56µg (3.14%), Magnesium: 12.02mg (3%), Vitamin B6: 0.05mg (2.7%), Potassium: 62.13mg (1.78%), Vitamin C: 1.45mg (1.76%)