

Chive and Onion Yogurt and Cream Cheese Spread

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



128 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 12 ounce whipped cream
- 2 teaspoons chives dried
- 3 tablespoons chives fresh chopped
- 5 spring onion chopped
- 0.5 teaspoon onion powder
- 0.8 cup greek yogurt greek-style

Equipment

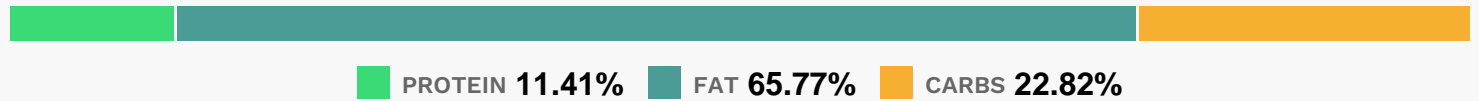
food processor

Directions

In the container of a food processor, combine the green onions, fresh chives, dried chives, onion powder, cream cheese and yogurt. Pulse until blended, but the onions and chives should be in chunks.

Transfer to a container, and refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:5.1326086806214%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 127.72kcal (6.39%), Fat: 9.59g (14.75%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.22g (4.69%), Cholesterol: 33.26mg (11.09%), Sodium: 12.34mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin A: 1257.4IU (25.15%), Vitamin K: 18.73µg (17.84%), Vitamin C: 10.23mg (12.39%), Calcium: 80.7mg (8.07%), Phosphorus: 73.56mg (7.36%), Vitamin B2: 0.11mg (6.25%), Potassium: 150.68mg (4.31%), Vitamin B12: 0.25µg (4.24%), Magnesium: 16.74mg (4.19%), Selenium: 2.64µg (3.77%), Vitamin B6: 0.06mg (3.05%), Folate: 9.98µg (2.5%), Vitamin B1: 0.04mg (2.43%), Zinc: 0.36mg (2.4%), Iron: 0.41mg (2.3%), Vitamin B5: 0.23mg (2.28%), Fiber: 0.56g (2.26%), Vitamin E: 0.32mg (2.12%), Manganese: 0.04mg (1.83%), Copper: 0.02mg (1.23%), Vitamin D: 0.17µg (1.13%)