

Cream Cheese Garlic Spread



Vegetarian



Gluten Free

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READY IN

ready

5 min.

SERVINGS

servings

8

CALORIES

calories

199 kcal

CONDIMENT

DIP

SPREAD

Ingredients



16 ounce cream cheese softened



1 tablespoon chives dried



0.5 teaspoon garlic powder

Equipment

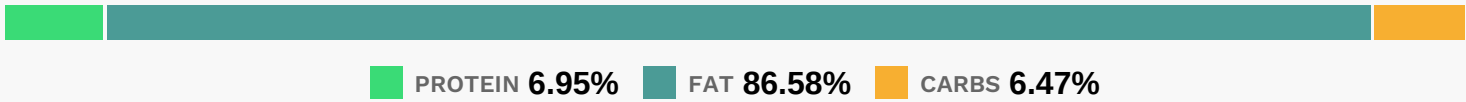


bowl

Directions

Beat cream cheese, garlic powder, and chives together in a bowl until smooth.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:2.7486956501785%

Nutrients (% of daily need)

Calories: 199.15kcal (9.96%), Fat: 19.51g (30.01%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.14g (2.37%), Cholesterol: 57.27mg (19.09%), Sodium: 178.16mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin A: 778.54IU (15.57%), Vitamin B2: 0.13mg (7.71%), Selenium: 4.92µg (7.03%), Phosphorus: 61.57mg (6.16%), Calcium: 55.35mg (5.53%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.33mg (3.25%), Potassium: 77.82mg (2.22%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.29mg (1.94%), Vitamin B6: 0.04mg (1.77%), Magnesium: 5.41mg (1.35%), Folate: 5.22µg (1.3%), Vitamin K: 1.19µg (1.13%)