



## Creamy Blue Cheese Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 4 ounces cheese blue cut into 1-inch cubes
- ☐ 2 ounces chèvre crumbled
- ☐ 4 ounces cream cheese cut into 1-inch cubes
- ☐ 1 teaspoon pepper freshly ground

## Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ spatula

# Directions

☐ Stir together all ingredients in a medium bowl with a wooden spoon or spatula until smooth and creamy. Chill, stored in an airtight container, until ready to serve.

## Nutrition Facts



**PROTEIN 17.47%** **FAT 78.29%** **CARBS 4.24%**

## Properties

Glycemic Index:21.5, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:5.8978260755539%

## Nutrients (% of daily need)

Calories: 237.97kcal (11.9%), Fat: 20.89g (32.14%), Saturated Fat: 13.1g (81.88%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.34g (1.49%), Cholesterol: 56.42mg (18.81%), Sodium: 467.3mg (20.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.97%), Calcium: 199.24mg (19.92%), Phosphorus: 177.12mg (17.71%), Vitamin A: 746.2IU (14.92%), Vitamin B2: 0.23mg (13.43%), Selenium: 6.97µg (9.96%), Vitamin B5: 0.76mg (7.55%), Vitamin B12: 0.44µg (7.25%), Zinc: 1.03mg (6.88%), Copper: 0.13mg (6.34%), Vitamin B6: 0.1mg (4.99%), Manganese: 0.08mg (4.18%), Folate: 14.54µg (3.64%), Potassium: 120.33mg (3.44%), Magnesium: 12.19mg (3.05%), Iron: 0.44mg (2.43%), Vitamin E: 0.35mg (2.3%), Vitamin K: 2.35µg (2.24%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.68%), Vitamin D: 0.2µg (1.32%)