



Dill and Chive Cream Cheese Spread



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cream cheese softened
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 2 tablespoon optional: dill fresh finely chopped
- ☐ 1 teaspoon squeezed lemon juice fresh

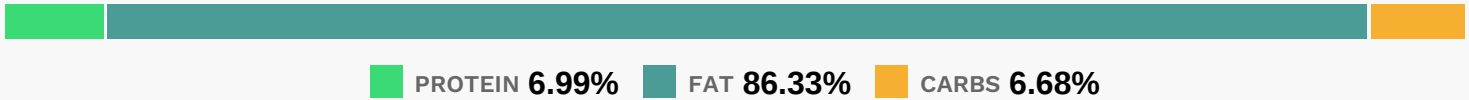
Equipment

Directions

☐

Mix together cream cheese, dill, and mayonnaise until well-blended. Taste the spread to determine if you think it needs a little brightening. Depending on your tastes and the dill you are using you may find the addition of the lemon juice is just the right hit of acidity to marry all the flavors together.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.79260869340404%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 49.95kcal (2.5%), Fat: 4.89g (7.52%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.56g (0.62%), Cholesterol: 14.33mg (4.78%), Sodium: 44.63mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin A: 214.62IU (4.29%), Vitamin B2: 0.03mg (1.97%), Selenium: 1.22µg (1.75%), Phosphorus: 15.51mg (1.55%), Calcium: 14.35mg (1.44%), Vitamin K: 1.1µg (1.04%)