



Feta Walnut Spread with Baguette

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



333 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 servings crusty baguette
- 8 ounces feta cheese
- 1 bunch basil fresh
- 1 bunch basil fresh
- 1 garlic clove
- 6 servings pepper fresh black
- 1 tablespoon milk
- 0.5 cup walnuts

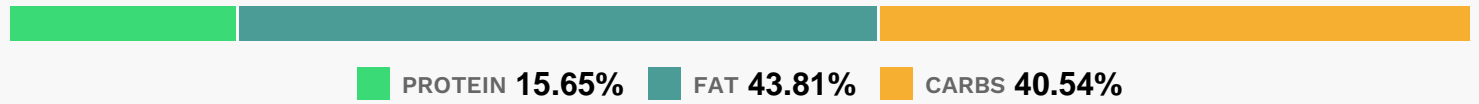
Equipment

food processor

Directions

- Cut the feta into cubes and put all ingredients into a food processor. Pulse until it starts to come together.
- Drizzle milk through the feed tube until the spread is creamy.
- Serve with crusty bread as an appetizer.

Nutrition Facts



Properties

Glycemic Index:59.79, Glycemic Load:21.78, Inflammation Score:-5, Nutrition Score:14.506086956522%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 100%, Saltiness: 54.61%, Sourness: 30.69%, Bitterness: 41.11%, Savoriness: 51.6%, Fattiness: 96.93%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 332.8kcal (16.64%), Fat: 16.33g (25.13%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 31.93g (11.61%), Sugar: 3.39g (3.77%), Cholesterol: 33.94mg (11.31%), Sodium: 827.79mg (35.99%), Protein: 13.13g (26.26%), Manganese: 0.69mg (34.61%), Vitamin B2: 0.55mg (32.08%), Vitamin B1: 0.47mg (31.16%), Calcium: 272.25mg (27.22%), Selenium: 17.29µg (24.7%), Folate: 91.98µg (22.99%), Phosphorus: 226.86mg (22.69%), Vitamin B3: 3.42mg (17.1%), Iron: 2.84mg (15.78%), Vitamin B6: 0.29mg (14.57%), Vitamin K: 14.11µg (13.44%), Zinc: 1.93mg (12.9%), Copper: 0.26mg (12.88%), Vitamin B12: 0.65µg (10.87%), Magnesium: 41.53mg (10.38%), Fiber: 2.08g (8.3%), Vitamin B5: 0.68mg (6.82%), Vitamin A: 306.77IU (6.14%), Potassium: 160.74mg (4.59%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.18µg (1.19%)