



French Cheese Spread

 Vegetarian  Gluten Free

READY IN



245 min.

SERVINGS



16

CALORIES



202 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon basil sweet spice islands®
- ☐ 1 cup butter softened
- ☐ 16 ounce cream cheese softened
- ☐ 0.3 teaspoon dill weed dried spice islands®
- ☐ 0.5 teaspoon garlic powder spice islands®
- ☐ 0.3 teaspoon marjoram
- ☐ 1 teaspoon oregano
- ☐ 0.3 teaspoon grind pepper black spice islands®

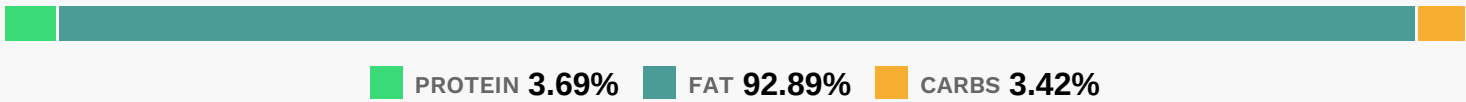
☐ 0.3 teaspoon thyme leaves

Equipment

Directions

- ☐ Combine all ingredients until thoroughly blended.
- ☐ Cover and chill a minimum of 4 hours to allow flavors to blend.
- ☐ Serve at room temperature with crackers.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:2.0399999955426%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 201.74kcal (10.09%), Fat: 21.27g (32.72%), Saturated Fat: 13.02g (81.39%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.08g (1.2%), Cholesterol: 59.14mg (19.71%), Sodium: 180.37mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin A: 740.18IU (14.8%), Vitamin B2: 0.07mg (4.18%), Vitamin E: 0.6mg (3.98%), Selenium: 2.61µg (3.73%), Phosphorus: 34.49mg (3.45%), Calcium: 33.55mg (3.36%), Vitamin K: 2.43µg (2.32%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.09µg (1.44%), Potassium: 44.67mg (1.28%), Zinc: 0.16mg (1.08%)