

GLUTEN FREE

Garlic-and-Dill Feta Cheese Spread

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.49	372 kcal

Garlic-and-Dill Feta Cheese Spread takes about 45 minutes from beginning to end. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 372 calories, 8g of protein, and 36g of fat per serving. For \$1.49 per serving, you get a condiment that serves 4.

Ingredients

- ☐ 8 ounce package cream cheese, softened
- ☐ 1 tablespoon chopped fresh dill or 1/2 teaspoon dried dillweed
- ☐ 1/4 cup mayonnaise
- ☐ 1/4 teaspoon salt
- ☐ 4 ounce package crumbled feta cheese
- ☐ 1 garlic clove, minced
- ☐ 1/2 teaspoon seasoned pepper

EQUIPMENT Food processor

Method

- 1

Process first 7 ingredients in a food processor until smooth, stopping to scrape down sides. Cover and chill 8 hours.
- 2

Serve with cucumber slices, if desired.
- 3

Spread may be frozen in an airtight container for up to 1 month. Thaw in refrigerator at least 24 hours. Stir before serving.

Nutrition per serving

	372	8 g	36 g	5 g
	KCAL	PROTEIN	FAT	CARBS
Saturated Fat				16.9 g · 105% of daily needs
Sugar				2.2 g · 2% of daily needs
Sodium				737 mg · 32% of daily needs
Cholesterol				88.4 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/garlic-and-dill-feta-cheese-spread-148553