



Garlic and Herb Cream Cheese

 Gluten Free

READY IN



490 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- 1 stick butter softened
- 8 ounce cream cheese softened
- 0.3 teaspoon basil dried
- 0.3 teaspoon dill weed dried
- 1 teaspoon parsley dried
- 0.3 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black

- 1.5 teaspoons oregano dried
- 2 tablespoons parmesan cheese grated

Equipment

- bowl

Directions

- Mix together the butter, cream cheese, Parmesan cheese, garlic, oregano, parsley, thyme, dill, basil, and pepper in a bowl until evenly combined. Chill in refrigerator overnight or 8 hours. This can be frozen for long-term storage.

Nutrition Facts

PROTEIN 4.4% **FAT 91.22%** **CARBS 4.38%**

Properties

Glycemic Index:24, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:3.5234782227679%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 277.74kcal (13.89%), Fat: 28.78g (44.28%), Saturated Fat: 17.59g (109.91%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.47g (1.63%), Cholesterol: 80.12mg (26.71%), Sodium: 269.48mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin A: 1006.41IU (20.13%), Calcium: 68.74mg (6.87%), Vitamin K: 7.06µg (6.72%), Vitamin B2: 0.1mg (6.13%), Selenium: 4.2µg (6%), Phosphorus: 58.43mg (5.84%), Vitamin E: 0.87mg (5.82%), Manganese: 0.07mg (3.43%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.14µg (2.29%), Vitamin B6: 0.04mg (2.13%), Zinc: 0.31mg (2.08%), Iron: 0.37mg (2.08%), Potassium: 72.16mg (2.06%), Magnesium: 6.75mg (1.69%), Folate: 5.57µg (1.39%), Fiber: 0.3g (1.18%)