



Garlic Cheese Spread

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



367 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 long loaves bread split italian
- ☐ 1 pinch cayenne pepper
- ☐ 2.5 tablespoons garlic minced
- ☐ 2.5 tablespoons juice of lemon
- ☐ 2 cups mayonnaise
- ☐ 2 tablespoons parsley chopped
- ☐ 20 ounces pecorino cheese grated
- ☐ 1 Dash pepper sauce red hot

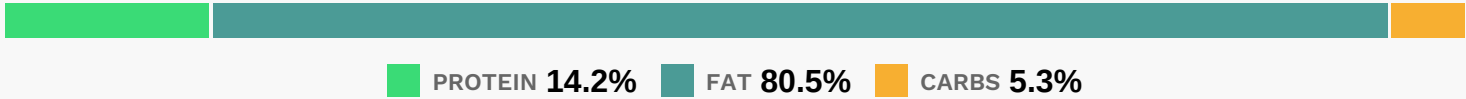
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients, except the bread, together in a large bowl.
- ☐ Spread on bread and toast.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:9.1226087912269%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 367.47kcal (18.37%), Fat: 32.8g (50.45%), Saturated Fat: 10.01g (62.54%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.85g (0.94%), Cholesterol: 51.86mg (17.29%), Sodium: 670.46mg (29.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.02g (26.03%), Vitamin K: 58.56µg (55.77%), Calcium: 414.88mg (41.49%), Phosphorus: 303.34mg (30.33%), Selenium: 7.97µg (11.39%), Vitamin B2: 0.16mg (9.53%), Vitamin B12: 0.46µg (7.65%), Zinc: 1.1mg (7.34%), Vitamin E: 1.09mg (7.25%), Manganese: 0.1mg (5%), Magnesium: 18.85mg (4.71%), Vitamin A: 224.38IU (4.49%), Iron: 0.61mg (3.41%), Vitamin B6: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.92%), Vitamin B5: 0.27mg (2.71%), Folate: 10.26µg (2.56%), Vitamin C: 2.11mg (2.56%), Vitamin B3: 0.36mg (1.81%), Vitamin D: 0.25µg (1.66%), Potassium: 57.4mg (1.64%), Copper: 0.03mg (1.53%), Fiber: 0.28g (1.12%)