



Garlic-Herb Cheese Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



16 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon chives fresh minced
- 2 teaspoons parsley fresh minced
- 1 small garlic clove minced
- 0.5 cup cream cheese light
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1.5 cups cup heavy whipping cream fat-free sour

Equipment

bowl

Directions

- Combine sour cream and cream cheese in a bowl; stir well. Stir in chives and remaining ingredients; cover and chill at least 1 hour.
- Spoon into hollowed-out cherry tomatoes or mushroom caps (tomatoes and mushrooms not included in analysis). Or serve with fresh vegetable slices. To store, cover cheese spread, and refrigerate up to 4 days.
- carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.54739130110196%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 15.76kcal (0.79%), Fat: 0.58g (0.89%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.26g (0.29%), Cholesterol: 3mg (1%), Sodium: 65.03mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Calcium: 19.45mg (1.95%), Phosphorus: 16.19mg (1.62%), Vitamin B2: 0.02mg (1.38%), Vitamin B12: 0.07µg (1.11%), Vitamin A: 52.98IU (1.06%), Selenium: 0.74µg (1.05%)