

Garlic Spread

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



16

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter softened
- 8 ounce cream cheese softened
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 2 tablespoons onion chopped

Equipment

- mixing bowl

Directions

- In a medium mixing bowl combine cream cheese and butter, mixing until well blended.
- Add parsley, onion and garlic and mix well.
- Refrigerate for 1 to 3 hours. The mixture becomes more flavorful the longer it chills.

Nutrition Facts

PROTEIN 3.76% **FAT 92.39%** **CARBS 3.85%**

Properties

Glycemic Index:10.38, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:1.4499999757694%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 101.43kcal (5.07%), Fat: 10.64g (16.36%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.6g (0.66%), Cholesterol: 29.57mg (9.86%), Sodium: 90.48mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin K: 9µg (8.57%), Vitamin A: 409.8IU (8.2%), Vitamin B2: 0.04mg (2.12%), Vitamin E: 0.29mg (1.94%), Selenium: 1.32µg (1.89%), Phosphorus: 17.81mg (1.78%), Calcium: 16.77mg (1.68%)