



Goat Cheese And Anchovy Spread

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons anchovy paste
- 8 ounce block cream cheese fat-free softened
- 1 ounce goat cheese softened
- 0.1 teaspoon pepper
- 2 tablespoons onion red minced
- 1 tablespoon cup heavy whipping cream fat-free sour

Equipment

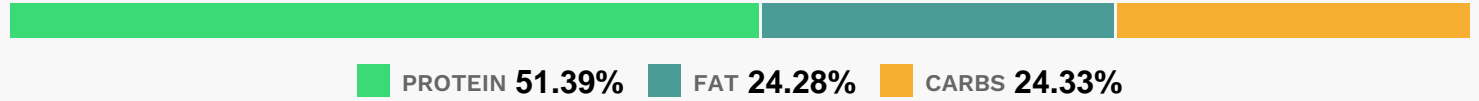
- food processor

bowl

Directions

Place all ingredients in a food processor; process until smooth, scraping sides of bowl if necessary.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.9308695708928%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 29.64kcal (1.48%), Fat: 0.79g (1.21%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.13g (1.26%), Cholesterol: 4.29mg (1.43%), Sodium: 179.55mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Phosphorus: 108.88mg (10.89%), Calcium: 73.69mg (7.37%), Vitamin B2: 0.06mg (3.8%), Vitamin B12: 0.2µg (3.26%), Selenium: 1.74µg (2.48%), Zinc: 0.34mg (2.25%), Folate: 7.46µg (1.86%), Vitamin B5: 0.19mg (1.86%), Potassium: 62.6mg (1.79%), Copper: 0.03mg (1.43%), Magnesium: 5.53mg (1.38%), Vitamin B3: 0.26mg (1.28%)