



Gorgonzola and Toasted Walnut Spread

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



114 kcal

Ingredients

- ☐ 1 cup gorgonzola crumbled
- ☐ 8 oz cream cheese softened
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup walnut pieces chopped toasted
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 slices bread french
- ☐ 1 slices pears
- ☐ 3 tablespoons frangelico

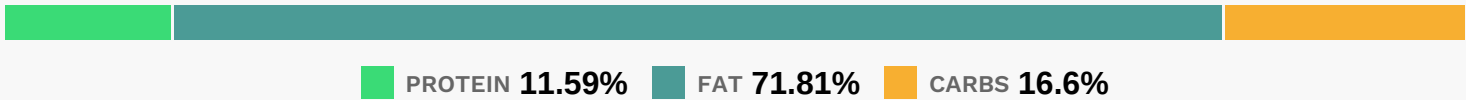
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Reserve 1 tablespoon of the Gorgonzola cheese for garnish. In food processor, place cream cheese, remaining Gorgonzola cheese, half-and-half and pepper. Cover and process just until blended.
- ☐ Reserve 1 tablespoon of the walnuts for garnish. Stir remaining walnuts into cheese mixture. Spoon into shallow serving bowl.
- ☐ Sprinkle with reserved Gorgonzola cheese, walnuts and the parsley.
- ☐ Serve with bread slices and apple slices.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:3.1760869615752%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 114.49kcal (5.72%), Fat: 9.4g (14.46%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.7g (1.89%), Cholesterol: 19.61mg (6.54%), Sodium: 150.11mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Manganese: 0.16mg (7.83%), Phosphorus: 60.59mg (6.06%), Calcium: 57.97mg (5.8%), Vitamin A: 268.4IU (5.37%), Selenium: 3.58µg (5.11%), Vitamin B2: 0.08mg (4.98%), Vitamin K: 5.13µg (4.89%), Copper: 0.08mg (3.88%), Folate: 13.32µg (3.33%), Vitamin B1: 0.05mg (3.16%), Zinc: 0.43mg (2.83%), Magnesium: 10.75mg (2.69%), Fiber: 0.62g (2.48%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.05mg (2.32%), Potassium: 69.55mg (1.99%), Vitamin B12: 0.12µg (1.96%), Iron: 0.33mg (1.86%), Vitamin B3:

0.34mg (1.68%), Vitamin E: 0.19mg (1.24%)