

Gorgonzola Butter

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- 4 ounces gorgonzola cheese
- 4 tablespoons butter unsalted

Equipment

- food processor

Directions

- In a food processor, combine Gorgonzola cheese and butter. Process until smooth.

Nutrition Facts

PROTEIN 12.2% FAT 86.48% CARBS 1.32%

Properties

Glycemic Index:6.75, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:3.7326087238996%

Nutrients (% of daily need)

Calories: 200.45kcal (10.02%), Fat: 19.49g (29.99%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.15g (0.17%), Cholesterol: 51.36mg (17.12%), Sodium: 327.56mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Calcium: 153.05mg (15.3%), Vitamin A: 566.17IU (11.32%), Phosphorus: 113.07mg (11.31%), Vitamin B2: 0.11mg (6.65%), Vitamin B12: 0.37µg (6.16%), Selenium: 4.25µg (6.07%), Zinc: 0.77mg (5.11%), Vitamin B5: 0.51mg (5.06%), Folate: 10.63µg (2.66%), Vitamin E: 0.4mg (2.64%), Vitamin B6: 0.05mg (2.37%), Vitamin D: 0.35µg (2.34%), Potassium: 75.93mg (2.17%), Magnesium: 6.8mg (1.7%), Vitamin K: 1.66µg (1.58%), Vitamin B3: 0.29mg (1.48%)