



Henry's Cheese Spread from 'The Lee Bros. Charleston Kitchen

READY IN



10 min.

SERVINGS



6

CALORIES



252 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 teaspoons ground mustard dry
- 1 garlic clove minced
- 1 tablespoon horseradish prepared drained
- 2 teaspoons hot sauce such as tabasco or crystal
- 3 juice of lemon
- 2 tablespoons catsup
- 0.3 cup lager
- 3 cups sharp cheddar cheese grated

2 tablespoons worcestershire sauce

Equipment

food processor

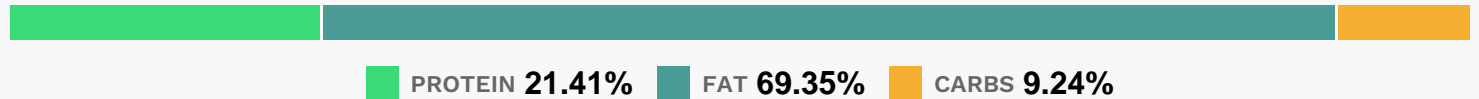
bowl

Directions

Combine all the ingredients in the bowl of a food processor and pulse until the mixture is smooth and spreadable.

Transfer to a small bowl to serve.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:8.4473913182383%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 252.09kcal (12.6%), Fat: 19.46g (29.93%), Saturated Fat: 10.87g (67.93%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.61g (2.04%), Sugar: 2.45g (2.72%), Cholesterol: 56.5mg (18.83%), Sodium: 534.96mg (23.26%), Alcohol: 0.38g (100%), Alcohol %: 0.5% (100%), Protein: 13.51g (27.03%), Calcium: 411.3mg (41.13%), Phosphorus: 271.87mg (27.19%), Selenium: 17.31µg (24.73%), Vitamin B2: 0.27mg (16.06%), Zinc: 2.16mg (14.4%), Vitamin A: 599.57IU (11.99%), Vitamin C: 8.56mg (10.37%), Vitamin B12: 0.6µg (10.01%), Magnesium: 20.85mg (5.21%), Folate: 18.69µg (4.67%), Potassium: 134.76mg (3.85%), Vitamin E: 0.55mg (3.68%), Vitamin B6: 0.07mg (3.52%), Iron: 0.49mg (2.74%), Vitamin B5: 0.27mg (2.7%), Vitamin D: 0.34µg (2.26%), Copper: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.05%), Manganese: 0.04mg (1.88%), Vitamin K: 1.66µg (1.58%), Vitamin B3: 0.24mg (1.22%)