



Herb Coeur A La Creme



Vegetarian



Gluten Free

READY IN



730 min.

SERVINGS



10

CALORIES



202 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



12 ounces cream cheese at room temperature



1 tablespoon chives fresh minced



2 tablespoons optional: dill fresh minced



1 cup heavy cream



1 teaspoon kosher salt



1 tablespoon juice of lemon freshly squeezed



1 lemon zest grated

☐ 3 tablespoons scallions white green minced 2 scallions

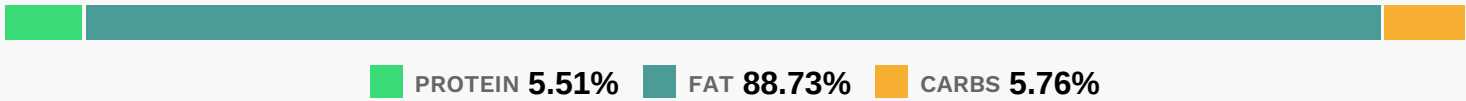
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Place the cream cheese in the bowl of an electric mixer fitted with the whisk attachment. Whip until smooth. With the mixer on low, slowly add the cream and then the scallions, dill, chives, lemon zest, lemon juice, salt, and pepper.
- ☐ Whisk until firm.
- ☐ Line a 6-inch coeur a la creme mold or a 6-inch sieve with a few layers of cheesecloth, allowing the excess to drape over the sides.
- ☐ Pour the cream cheese mixture into the cheesecloth and smooth the top. Fold the excess cheesecloth over the top of the creme. Suspend the sieve over a small bowl, cover with plastic wrap, and refrigerate overnight.
- ☐ When ready to serve, discard the liquid that has collected in the bowl and invert the creme onto a plate.
- ☐ Serve chilled with crackers and a small knife.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:3.0986956202466%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 201.55kcal (10.08%), Fat: 20.31g (31.25%), Saturated Fat: 12.35g (77.18%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.82g (1.02%), Sugar: 2.09g (2.32%), Cholesterol: 61.25mg (20.42%), Sodium: 346.21mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin A: 844.86IU (16.9%), Vitamin B2: 0.13mg (7.41%), Vitamin K: 6µg (5.72%), Selenium: 3.66µg (5.23%), Calcium: 51.93mg (5.19%), Phosphorus: 51.45mg (5.14%), Vitamin E: 0.53mg (3.51%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.38µg (2.54%), Vitamin C: 2.08mg (2.52%), Potassium: 77.84mg (2.22%), Vitamin B12: 0.11µg (1.88%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.55%), Folate: 6µg (1.5%), Magnesium: 5.61mg (1.4%), Manganese: 0.02mg (1.13%)