



Herbed Cheese Spread

READY IN



1455 min.

SERVINGS



15

CALORIES



154 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 15 servings biscuit crostini
- ☐ 0.5 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 8 oz feta cheese softened
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 2 teaspoons lemon zest

- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 sprigs garnishes: rosemary cranberries dried fresh sweetened

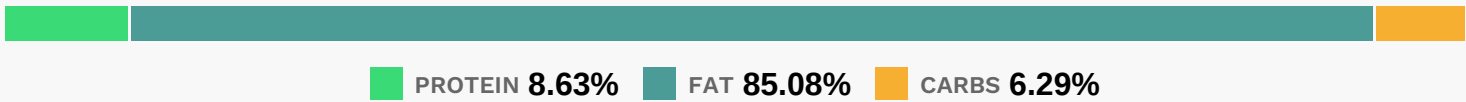
Equipment

- ☐ plastic wrap
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Beat first 9 ingredients at medium speed with an electric mixer 2 to 3 minutes or until smooth.
- ☐ Add salt and freshly ground pepper to taste.
- ☐ Line 2 (10-oz.) ramekins with plastic wrap, allowing 3 inches to extend over sides; spoon cheese mixture into ramekins. Cover and chill 24 hours.
- ☐ Invert cheeses onto serving dishes.
- ☐ Serve with Biscuit Crostini.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:4.2043477957663%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 153.64kcal (7.68%), Fat: 14.8g (22.77%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.68g (0.76%), Cholesterol: 45.01mg (15%), Sodium: 278.74mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 15.36µg (14.63%), Vitamin A: 561.26IU (11.23%), Vitamin B2: 0.18mg (10.36%), Calcium: 99.62mg (9.96%), Phosphorus: 75.96mg (7.6%), Selenium: 3.89µg (5.56%), Vitamin B12: 0.3µg (5.05%), Vitamin B6: 0.09mg (4.46%), Zinc: 0.56mg (3.71%), Manganese: 0.07mg (3.51%), Folate: 10.1µg (2.53%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.94mg (2.35%), Vitamin B1: 0.03mg (2.29%), Iron: 0.37mg (2.08%), Magnesium: 7.06mg (1.77%), Potassium: 56.13mg (1.6%), Vitamin B3: 0.26mg (1.3%)