



Herbed Cheese Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounce cream cheese softened
- 0.3 teaspoon basil dried
- 1 teaspoon parsley dried
- 0.1 teaspoon sage dried
- 0.1 teaspoon tarragon dried
- 1 tablespoon vermouth dry
- 2 cloves garlic crushed
- 0.1 teaspoon ground pepper white

0.3 teaspoon salt

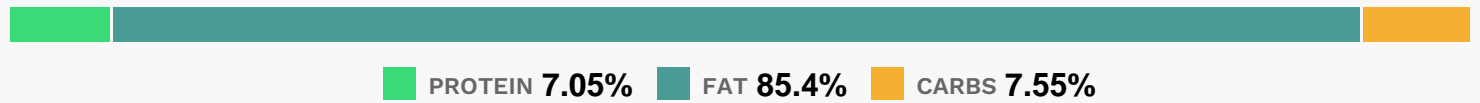
Equipment

food processor

Directions

Mix cream cheese, garlic, vermouth, parsley, salt, basil, tarragon, sage, and white pepper in a food processor until smooth. Refrigerate at least 1 day before serving.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:3.0882608955321%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 204.28kcal (10.21%), Fat: 19.52g (30.03%), Saturated Fat: 11.46g (71.61%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.15g (2.39%), Cholesterol: 57.27mg (19.09%), Sodium: 323.84mg (14.08%), Alcohol: 0.36g (100%), Alcohol %: 0.72% (100%), Protein: 3.63g (7.25%), Vitamin A: 765.36IU (15.31%), Vitamin B2: 0.13mg (7.9%), Selenium: 5.1µg (7.29%), Phosphorus: 63.55mg (6.36%), Calcium: 60.42mg (6.04%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.5mg (3.32%), Vitamin B6: 0.05mg (2.65%), Vitamin K: 2.68µg (2.55%), Potassium: 85.17mg (2.43%), Manganese: 0.05mg (2.4%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.31mg (2.07%), Magnesium: 6.31mg (1.58%), Folate: 5.57µg (1.39%), Vitamin B1: 0.02mg (1.09%)