



Herbed Mustard Cream Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 0.3 cup country dijon mustard
- ☐ 2 garlic cloves pressed
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 teaspoon ground oregano
- ☐ 0.3 teaspoon pepper

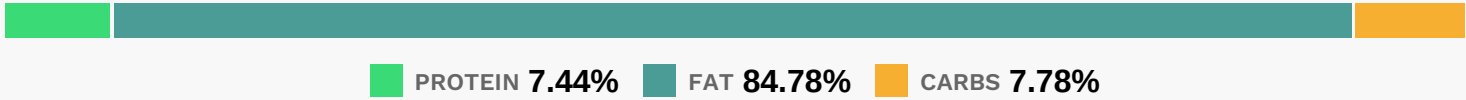
Equipment

- ☐ hand mixer

Directions

- ☐ Beat together all ingredients at medium speed with an electric mixer until smooth. Cover and chill at least 1 hour.
- ☐ Remove from refrigerator, and let stand 30 minutes.
- ☐ Serve with fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:3.7034782650678%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 205.46kcal (10.27%), Fat: 19.79g (30.45%), Saturated Fat: 11.48g (71.75%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.56g (1.3%), Sugar: 2.27g (2.52%), Cholesterol: 57.27mg (19.09%), Sodium: 263.86mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin A: 773.78IU (15.48%), Selenium: 7.65µg (10.93%), Vitamin B2: 0.14mg (8.14%), Phosphorus: 70.87mg (7.09%), Calcium: 67.52mg (6.75%), Manganese: 0.08mg (3.9%), Vitamin E: 0.58mg (3.9%), Vitamin K: 3.75µg (3.58%), Vitamin B5: 0.36mg (3.55%), Potassium: 95.08mg (2.72%), Magnesium: 10.14mg (2.54%), Vitamin B6: 0.05mg (2.53%), Zinc: 0.35mg (2.35%), Fiber: 0.53g (2.1%), Vitamin B12: 0.12µg (2.08%), Vitamin B1: 0.03mg (2%), Iron: 0.34mg (1.91%), Folate: 6.57µg (1.64%), Copper: 0.02mg (1.07%)