



Horseradish Cheese Spread

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



32

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon garlic salt
- 0.5 cup horseradish prepared
- 0.3 cup mayonnaise
- 1 teaspoon hot sauce hot
- 2 pounds processed cheese food cubed
- 0.3 teaspoon worcestershire sauce

Equipment

- double boiler

Directions

- Melt cheese in the top of a double boiler over simmering water until smooth.
- Add remaining ingredients and stir until smooth. Spoon into containers and refrigerate.
- Serve with crackers or raw vegetables.

Nutrition Facts

PROTEIN 16.81% **FAT 78.35%** **CARBS 4.84%**

Properties

Glycemic Index:3.5, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.2326087148293%

Nutrients (% of daily need)

Calories: 122.89kcal (6.14%), Fat: 10.78g (16.59%), Saturated Fat: 5.4g (33.72%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.96g (1.07%), Cholesterol: 29.33mg (9.78%), Sodium: 526.37mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Calcium: 298.61mg (29.86%), Phosphorus: 183.41mg (18.34%), Selenium: 5.89µg (8.41%), Vitamin B12: 0.43µg (7.13%), Vitamin A: 269.73IU (5.39%), Zinc: 0.74mg (4.94%), Vitamin K: 4.59µg (4.37%), Vitamin B2: 0.07mg (3.99%), Magnesium: 8.42mg (2.1%), Vitamin E: 0.3mg (2.03%), Potassium: 47.67mg (1.36%), Vitamin C: 1.03mg (1.25%), Vitamin B5: 0.12mg (1.22%), Vitamin D: 0.17µg (1.17%), Folate: 4.53µg (1.13%), Iron: 0.2mg (1.12%)