



Horseradish Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



284 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 ounce garlic-and-herb-flavored spreadable cheese
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 3 tablespoons horseradish prepared drained
- ☐ 0.3 cup cup heavy whipping cream sour

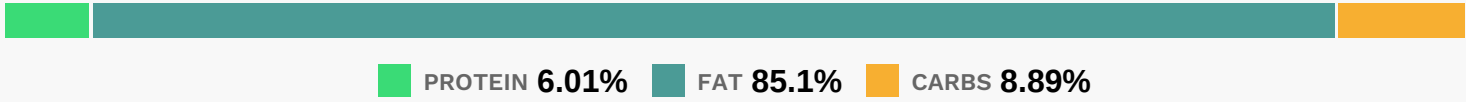
Equipment

Directions

- ☐
- Stir together spreadable cheese and next 4 ingredients until blended. Cover and chill up to 7 days.

☐☐

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:2.9578260727551%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 284.49kcal (14.22%), Fat: 27.76g (42.7%), Saturated Fat: 15.88g (99.25%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.23g (2.26%), Sugar: 2.82g (3.13%), Cholesterol: 83.41mg (27.8%), Sodium: 337.92mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin A: 687.17IU (13.74%), Vitamin B2: 0.13mg (7.41%), Selenium: 4.58µg (6.54%), Calcium: 60.82mg (6.08%), Phosphorus: 60.12mg (6.01%), Vitamin B5: 0.31mg (3.06%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.43mg (2.9%), Potassium: 96.98mg (2.77%), Folate: 10.02µg (2.51%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.12µg (2.07%), Magnesium: 7.71mg (1.93%), Vitamin B6: 0.04mg (1.84%), Fiber: 0.3g (1.19%), Vitamin K: 1.24µg (1.18%)