



Lavender Ginger Spread



Vegetarian



Gluten Free

READY IN



490 min.

SERVINGS



20

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 8 ounce cream cheese softened
- ☐ 8 ounce goat cheese softened
- ☐ 2 tablespoons honey-flavored yogurt greek-style
- ☐ 0.5 teaspoon lavender flowers dried
- ☐ 1 tablespoon water

Equipment

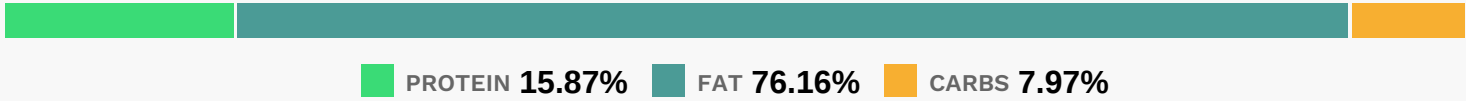
- ☐ bowl

☐ plastic wrap

Directions

☐ Beat cream cheese, goat cheese, yogurt, ginger, water, and lavender together in a bowl until smooth. Cover bowl with plastic wrap and refrigerate, 8 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.522608715069%

Nutrients (% of daily need)

Calories: 73.81kcal (3.69%), Fat: 6.3g (9.69%), Saturated Fat: 3.94g (24.66%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.33g (1.48%), Cholesterol: 16.74mg (5.58%), Sodium: 78.07mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin A: 269.87IU (5.4%), Vitamin B2: 0.07mg (4.32%), Phosphorus: 43.2mg (4.32%), Copper: 0.09mg (4.27%), Calcium: 28.84mg (2.88%), Selenium: 1.44µg (2.06%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.15mg (1.47%), Iron: 0.23mg (1.29%), Zinc: 0.17mg (1.13%)