



WHATSheATE



Lemon Dill Schmear



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



18

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 lb cream cheese softened



18 servings purple gel food coloring



3 tbsp optional: dill fresh chopped



1 tbsp cup heavy whipping cream for consistency



3 tbsp juice of lemon fresh to taste



1 tsp lemon zest

Equipment

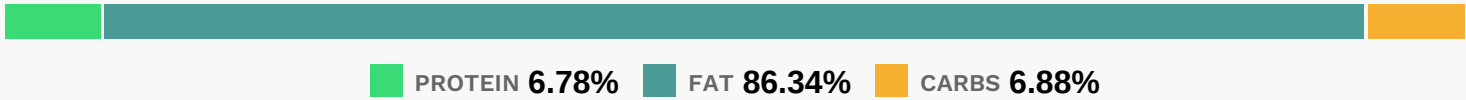


food processor

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Lemon Dill Schmear
- ☐ Ingredients1 lb cream cheese, softened3 tbsp fresh lemon juice, or more to taste1 tbsp heavy whipping cream, or more for consistency1 tsp lemon zest3 tbsp chopped fresh dill
- ☐ Salt and white pepper to taste (optional)You will also need
- ☐ Food processor
- ☐ Total Time: 5 Minutes
- ☐ Servings: 18
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:1.3273912992166%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 91.66kcal (4.58%), Fat: 8.98g (13.81%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.04g (1.15%), Cholesterol: 26.39mg (8.8%), Sodium: 79.42mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin A: 356.03IU (7.12%), Vitamin B2: 0.06mg (3.54%), Selenium: 2.2µg (3.14%), Phosphorus: 27.7mg (2.77%), Calcium: 25.43mg (2.54%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.5%), Vitamin C: 1.17mg (1.42%), Potassium: 37.3mg (1.07%)