



Peppered Cheese Spread

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

CONDIMENT

DIP

SPREAD

Ingredients

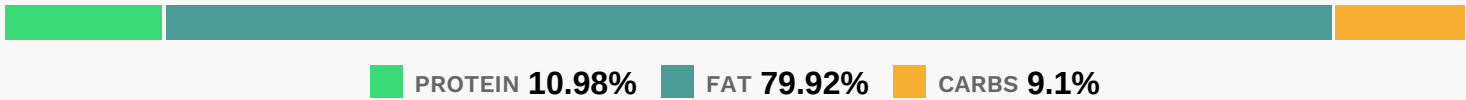
- ☐ 0.5 cup butter softened
- ☐ 14.5 ounce canned tomatoes whole drained chopped well canned
- ☐ 8 servings coarsely cracked green black
- ☐ 8 ounce cream cheese soft
- ☐ 2 garlic cloves pressed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded

Equipment

Directions

- ☐ Stir together first 8 ingredients; shape into a log.
- ☐ Roll in coarsely cracked peppercorns. Cover and chill 8 hours.
- ☐ Serve spread with crackers.
- ☐ Prep: 20 min., Chill: 8 hrs.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:8.3839130557102%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 341.54kcal (17.08%), Fat: 31.02g (47.72%), Saturated Fat: 13.56g (84.78%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 6.67g (2.42%), Sugar: 3.8g (4.22%), Cholesterol: 56.98mg (18.99%), Sodium: 621.86mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin A: 1283.17IU (25.66%), Calcium: 253.26mg (25.33%), Phosphorus: 187.07mg (18.71%), Selenium: 10.92µg (15.6%), Vitamin B2: 0.23mg (13.26%), Vitamin E: 1.54mg (10.27%), Zinc: 1.35mg (8.97%), Vitamin C: 5.64mg (6.83%), Potassium: 236.04mg (6.74%), Vitamin B6: 0.13mg (6.68%), Manganese: 0.13mg (6.41%), Vitamin B12: 0.38µg (6.28%), Copper: 0.11mg (5.73%), Magnesium: 22.03mg (5.51%), Fiber: 1.27g (5.09%), Iron: 0.82mg (4.53%), Vitamin B5: 0.45mg (4.49%), Folate: 17.02µg (4.25%), Vitamin B1: 0.06mg (4.02%), Vitamin K: 4.1µg (3.9%), Vitamin B3: 0.69mg (3.44%), Vitamin D: 0.17µg (1.13%)