

Pesto Herb Spread

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



176 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 16 ounce cream cheese
- 2 tablespoons chives fresh chopped
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons basil pesto

Equipment

- food processor
- blender
- plastic wrap

Directions

- Place cream cheese and pesto in a food processor or blender. Blend until smooth.
- Mix in the chives and cilantro. Continue blending until smooth.
- Transfer to a mold lined with plastic wrap. Cover and chill in the refrigerator 1 hour, or until firm.

Nutrition Facts

PROTEIN 6.76% **FAT 86.78%** **CARBS 6.46%**

Properties

Glycemic Index:10.4, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:2.4334782744231%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 176.38kcal (8.82%), Fat: 17.27g (26.57%), Saturated Fat: 9.45g (59.07%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.86g (2.07%), Cholesterol: 46.17mg (15.39%), Sodium: 184.58mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 734.11IU (14.68%), Vitamin B2: 0.11mg (6.19%), Selenium: 3.91µg (5.58%), Calcium: 51.88mg (5.19%), Phosphorus: 48.94mg (4.89%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.26mg (2.61%), Vitamin K: 2.6µg (2.48%), Potassium: 62.28mg (1.78%), Vitamin B12: 0.1µg (1.66%), Zinc: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.32%), Folate: 4.79µg (1.2%), Magnesium: 4.37mg (1.09%)