



Roquefort-Cognac Cheese Spread

READY IN



130 min.

SERVINGS



10

CALORIES



243 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter softened
- 1 tablespoon celery minced
- 1 tablespoon cognac
- 10 servings crackers and vegetables fresh assorted sliced
- 8 oz cream cheese softened
- 1.5 tablespoons chives fresh minced
- 0.1 teaspoon ground pepper red
- 0.1 teaspoon pepper freshly ground
- 4 ounces roquefort blue crumbled

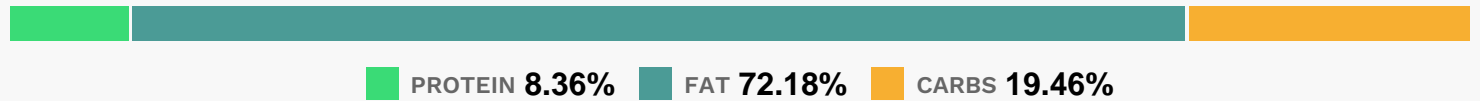
Equipment

- bowl
- stand mixer

Directions

- Beat cream cheese and butter at medium speed with a heavy-duty electric stand mixer until smooth. Beat in blue cheese and next 5 ingredients on low speed until blended. Spoon into a serving bowl. Chill 2 hours.
- Serve with crackers and vegetables.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:4.7517391339592%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 242.67kcal (12.13%), Fat: 19.38g (29.82%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.35g (4.13%), Sugar: 2.24g (2.49%), Cholesterol: 43.61mg (14.54%), Sodium: 379.91mg (16.52%), Alcohol: 0.5g (100%), Alcohol %: 1.09% (100%), Protein: 5.05g (10.1%), Phosphorus: 113.82mg (11.38%), Vitamin A: 566.65IU (11.33%), Calcium: 108.76mg (10.88%), Vitamin K: 10.4µg (9.9%), Vitamin B2: 0.14mg (8.3%), Selenium: 4.4µg (6.28%), Vitamin E: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.35%), Manganese: 0.1mg (4.82%), Folate: 18.6µg (4.65%), Vitamin B3: 0.93mg (4.64%), Iron: 0.79mg (4.39%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.52mg (3.49%), Vitamin B12: 0.2µg (3.3%), Potassium: 83.65mg (2.39%), Vitamin B6: 0.04mg (2.16%), Magnesium: 8.16mg (2.04%), Fiber: 0.41g (1.62%), Copper: 0.03mg (1.51%)