

SIDE DISH

Saga Blue and Walnut Spread

29 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
4 min	4 min	4	\$1.75	499 kcal

Saga Blue and Walnut Spread might be just the side dish you are searching for. One serving contains 499 calories, 14g of protein, and 43g of fat. This recipe serves 4 and costs \$1.75 per serving. This recipe from My Recipes requires celery sticks, lemon juice, cream cheese, and ground pepper.

Ingredients

- ☐ 4 servings Celery sticks
- ☐ 8 oz package cream cheese, softened
- ☐ 2 teaspoons fresh lemon juice
- ☐ 5 oz package Saga or other favorite blue cheese, rind trimmed
- ☐ 4 servings Specialty crackers
- ☐ 0.1 teaspoon ground red pepper
- ☐ ½ cup chopped walnuts, toasted

EQUIPMENT Hand mixer

Method

- 1

Beat cream cheese and blue cheese at medium speed with an electric mixer until smooth. Stir in walnuts, lemon juice, and pepper.
- 2

Serve with crackers or celery sticks. Store in refrigerator. Bring to room temperature before serving.

Nutrition per serving

499	14 g	43 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			19.9 g · 124% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			4.1 g · 5% of daily needs
Sodium			728 mg · 32% of daily needs
Cholesterol			83.8 mg · 28% of daily needs
Vitamin C			1.2 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/saga-blue-and-walnut-spread-146234