



Savory Gorgonzola Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 Tbsp mint leaves fresh chopped
- 0.5 cup athenos gorgonzola cheese crumbled
- 2 green onions sliced

Equipment

- food processor

Directions

- Place all ingredients in food processor container fitted with steel blade; cover. Process until blended but not smooth.
- Serve with crusty French bread, bagels or woven wheat crackers.

Nutrition Facts

 **PROTEIN 10.44%**  **FAT 83.26%**  **CARBS 6.3%**

Properties

Glycemic Index:8.6, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:2.0973912879177%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 100.32kcal (5.02%), Fat: 9.43g (14.51%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.94g (1.04%), Cholesterol: 27.14mg (9.05%), Sodium: 136.67mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin A: 385.22IU (7.7%), Calcium: 54.34mg (5.43%), Vitamin K: 5.58µg (5.31%), Phosphorus: 47.25mg (4.73%), Vitamin B2: 0.08mg (4.5%), Selenium: 2.78µg (3.98%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.12µg (1.98%), Zinc: 0.28mg (1.84%), Potassium: 52.85mg (1.51%), Folate: 5.98µg (1.49%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.02mg (1.2%), Magnesium: 4.08mg (1.02%)