



Serious Herb Cheese Spread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup olives black chopped
- ☐ 8 ounces cream cheese softened
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup dill weed fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic
- ☐ 3 green onions chopped
- ☐ 2 tablespoons juice of lemon

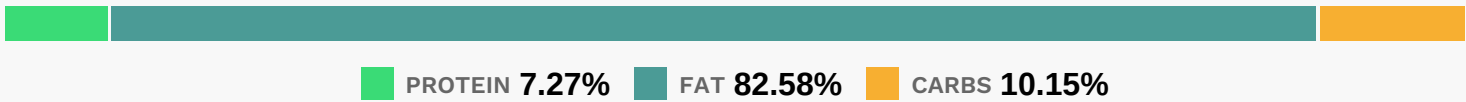
- ☐ 0.5 teaspoon mustard prepared
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Combine all the ingredients and mix well. Refrigerate in a mold for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:4.6491303599399%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 110.68kcal (5.53%), Fat: 10.47g (16.1%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.36g (1.51%), Cholesterol: 28.63mg (9.54%), Sodium: 166mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin K: 43.85µg (41.76%), Vitamin A: 753.86IU (15.08%), Vitamin C: 6.46mg (7.83%), Vitamin B2: 0.08mg (4.58%), Calcium: 42.08mg (4.21%), Selenium: 2.73µg (3.89%), Phosphorus: 36.65mg (3.67%), Vitamin E: 0.46mg (3.05%), Folate: 11.95µg (2.99%), Manganese: 0.05mg (2.74%), Potassium: 85.39mg (2.44%), Iron: 0.4mg (2.2%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.04mg (1.84%), Magnesium: 6.75mg (1.69%), Fiber: 0.4g (1.61%), Zinc: 0.21mg (1.43%), Copper: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.04%)