



Spring Cream Cheese Spread

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



136 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounce cream cheese room temperature
- 3 tablespoons honey
- 0.5 teaspoon lemon zest grated
- 0.5 cup rose petals
- 0.3 cup lilac petals
- 0.3 cup marigold petals
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- 0.3 cup marigold petals

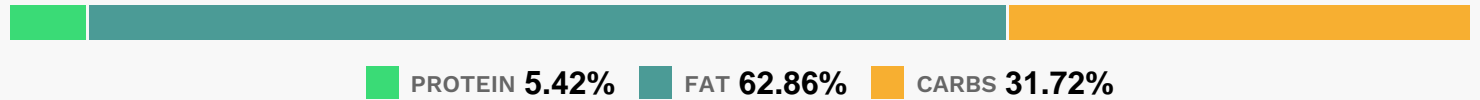
Equipment

bowl

Directions

In a medium bowl, stir together the cream cheese, honey, lemon zest, rose petals, lilac petals, and marigold petals. Cover and refrigerate for at least 2 hours before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:9.91, Glycemic Load:3.81, Inflammation Score:-5, Nutrition Score:4.5621738796649%

Nutrients (% of daily need)

Calories: 136.08kcal (6.8%), Fat: 9.78g (15.05%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.74g (8.6%), Cholesterol: 28.63mg (9.54%), Sodium: 89.66mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin C: 34.01mg (41.23%), Vitamin A: 725.68IU (14.51%), Fiber: 1.94g (7.77%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.71mg (4.72%), Manganese: 0.09mg (4.52%), Calcium: 41.55mg (4.16%), Selenium: 2.5µg (3.57%), Phosphorus: 35.51mg (3.55%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.23mg (2.31%), Potassium: 75.77mg (2.16%), Magnesium: 8.2mg (2.05%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.18mg (1.19%), Vitamin B12: 0.06µg (1.04%)