



Sun-dried Tomato Cheese Spread



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



183 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 10 servings round buttery crackers assorted
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 garlic bulb
- ☐ 11 oz goat cheese
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

☐ 0.3 cup sun-dried tomatoes drained chopped in oil

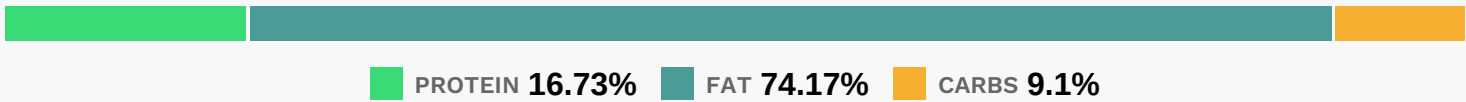
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of garlic; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- ☐ Place on baking sheet.
- ☐ Bake at 425 for 45 minutes or until cloves are tender.
- ☐ Let cool slightly. Squeeze pulp from garlic cloves; mash.
- ☐ Beat garlic, goat cheese, and next 5 ingredients at medium speed with an electric mixer until well blended. Cover and chill until ready to serve.
- ☐ Serve with assorted crackers, breads, and vegetables.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:6.1482609121696%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 183.08kcal (9.15%), Fat: 15.36g (23.63%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.22g (2.47%), Cholesterol: 37.25mg (12.42%), Sodium: 276.57mg (12.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Vitamin C: 12.76mg (15.47%), Vitamin A: 704.35IU (14.09%), Copper: 0.28mg (14.06%), Vitamin B2: 0.21mg (12.26%), Phosphorus: 121.68mg (12.17%), Calcium: 83.24mg (8.32%), Vitamin B6: 0.15mg (7.41%), Potassium: 234.23mg (6.69%), Folate: 21.77µg (5.44%), Manganese: 0.1mg (5.23%), Iron: 0.94mg (5.2%), Selenium: 3.33µg (4.76%), Fiber: 1.17g (4.7%), Vitamin B5: 0.46mg (4.59%), Magnesium: 16.21mg (4.05%), Zinc: 0.6mg (3.99%), Vitamin K: 3.4µg (3.24%), Vitamin B1: 0.04mg (2.81%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.31mg (2.07%), Vitamin B12: 0.11µg (1.82%)