



Ultimate Cheese Spread

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



258 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 ounce cream cheese softened
- ☐ 5 ounce processed cheese spread

Equipment

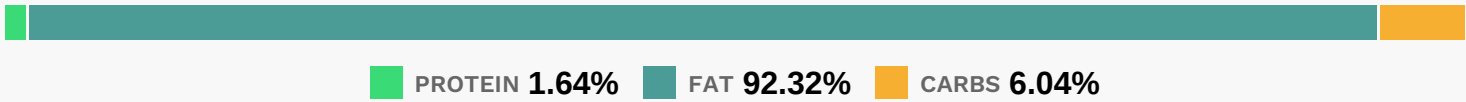
- ☐ bowl
- ☐ hand mixer

Directions

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Place processed cheese spread, cream cheese and butter in a medium bowl. Blend together with an electric mixer. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:2.032173887867%

Nutrients (% of daily need)

Calories: 258.25kcal (12.91%), Fat: 25.8g (39.69%), Saturated Fat: 14.73g (92.09%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.69g (2.99%), Cholesterol: 67.87mg (22.62%), Sodium: 410.98mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin A: 877.84IU (17.56%), Calcium: 104.19mg (10.42%), Vitamin E: 0.56mg (3.74%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.41µg (2.01%), Phosphorus: 19.71mg (1.97%), Vitamin C: 1.54mg (1.87%), Vitamin K: 1.62µg (1.54%), Vitamin B12: 0.06µg (1.06%), Vitamin B5: 0.1mg (1.02%)