



## Whipped Feta Spread with Walnuts

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 2 tsp olive oil extra virgin
- 8 oz athenos feta cheese crumbled traditional
- 0.3 cup planters walnuts chopped

### Equipment

- hand mixer

## Directions

- Beat cream cheese, feta cheese and oil with electric mixer on high speed until well blended.
- Stir in walnuts.
- Serve with assorted crackers.

## Nutrition Facts

**PROTEIN 13.49%** **FAT 80.61%** **CARBS 5.9%**

## Properties

Glycemic Index:14.8, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:8.0934782222561%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

## Nutrients (% of daily need)

Calories: 253.75kcal (12.69%), Fat: 23.17g (35.64%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.01g (1.12%), Cholesterol: 63.28mg (21.09%), Sodium: 588.46mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin B2: 0.44mg (26.1%), Calcium: 251.37mg (25.14%), Phosphorus: 197.37mg (19.74%), Vitamin B12: 0.82µg (13.61%), Selenium: 9.04µg (12.92%), Vitamin B6: 0.24mg (11.82%), Manganese: 0.21mg (10.75%), Zinc: 1.6mg (10.67%), Vitamin A: 497.17IU (9.94%), Vitamin B1: 0.09mg (6.33%), Vitamin B5: 0.6mg (6.01%), Copper: 0.11mg (5.58%), Folate: 22.29µg (5.57%), Magnesium: 19.9mg (4.98%), Vitamin E: 0.58mg (3.85%), Iron: 0.5mg (2.78%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 2.53µg (2.41%), Potassium: 83.88mg (2.4%), Fiber: 0.39g (1.57%), Vitamin D: 0.18µg (1.21%)