



WHATSheATE



White Cheddar and Horseradish Spread



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

Ingredients



8 ounce cream cheese softened



1 teaspoon horseradish grated to taste



8 ounce cheddar cheese shredded white extra-sharp

Equipment



bowl

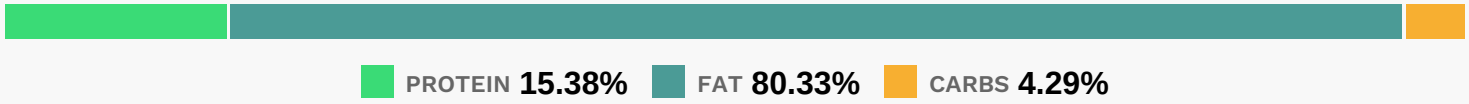


hand mixer

Directions

- ☐
- Beat cream cheese in a large bowl using an electric hand mixer until light and airy.
- ☐
- Mix Cheddar cheese, horseradish, and mustard into cream cheese until fully incorporated.
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- Refrigerate until chilled, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:4.8617391845454%

Nutrients (% of daily need)

Calories: 215.19kcal (10.76%), Fat: 19.4g (29.84%), Saturated Fat: 11.17g (69.81%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.21g (1.34%), Cholesterol: 56.98mg (18.99%), Sodium: 277.05mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Calcium: 228.28mg (22.83%), Phosphorus: 160.37mg (16.04%), Selenium: 10.48µg (14.97%), Vitamin A: 664.81IU (13.3%), Vitamin B2: 0.19mg (11.2%), Zinc: 1.19mg (7.92%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.46mg (3.04%), Vitamin B5: 0.28mg (2.79%), Magnesium: 10.37mg (2.59%), Folate: 8.86µg (2.22%), Vitamin B6: 0.04mg (1.79%), Potassium: 60.79mg (1.74%), Vitamin K: 1.28µg (1.22%), Vitamin D: 0.17µg (1.13%)