

GLUTEN FREE

Zippy Cranberry Cheddar Spread

14 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	3	\$1.77	610 kcal

Zippy Cranberry Cheddar Spread is a gluten free, lacto ovo vegetarian, and primal condiment. For \$1.77 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. One portion of this dish contains around 23g of protein, 52g of fat, and a total of 610 calories. This recip...

Ingredients

- ☐ ¼ teaspoon cayenne pepper
- ☐ 2 tablespoons chopped dried cranberries
- ☐ ¼ teaspoon mustard powder
- ☐ 8 ounce package cream cheese, softened
- ☐ 2 tablespoons milk
- ☐ 2 cups shredded sharp Cheddar cheese

EQUIPMENT Bowl

Method

- 1

In a medium bowl, mix together the cream cheese, Cheddar cheese and milk until well blended. Season with mustard powder and cayenne pepper, then mix in dried cranberries. Use immediately, or refrigerate for up to 3 days.

Nutrition per serving

610

KCAL

23 g

PROTEIN

52 g

FAT

15 g

CARBS

Saturated Fat	29.9 g · 187% of daily needs
Fibre	0.6 g · 2% of daily needs
Sugar	10.9 g · 12% of daily needs
Sodium	734 mg · 32% of daily needs
Cholesterol	153 mg · 51% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/zippy-cranberry-cheddar-spread-142545