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Blue Cheese Recipe ♦♦

This recipe is a delicious and savory dish featuring blue cheese. It is perfect for cheese lovers and can be enjoyed as an appetizer or main course. The blue cheese adds a tangy and creamy flavor to the dish, making it a favorite among many.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Blue cheese
200 g	cream cheese
50 g	Butter
2 cloves	garlic
1 teaspoon	Salt

0.5
teaspoon

Black pepper

1
tablespoon

Parsley

Directions

Step 1

Mixing

In a mixing bowl, combine the blue cheese, cream cheese, butter, minced garlic, salt, and black pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

Mix the ingredients until well combined and smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Plating

Transfer the mixture to a serving dish and garnish with chopped parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 25 g

Protein: 10 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Lunch Snack

Course

Breads

Difficulty Level

Easy

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