



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Herbs & Cheese Blend ♦

A delicious blend of herbs and cheese, perfect for adding flavor to any dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 10

Serving Size: 10 g

Ingredients

50 g	parmesan cheese
10 g	Basil
10 g	Parsley
10 g	Oregano
10 g	Thyme
10 g	garlic powder

Directions

Step 1

Grating

Grate the Parmesan cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Chopping

Chop the basil, parsley, oregano, and thyme.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	1000 mg	100%	100%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Sautéing

Curing

Freezing

Pasteurizing

Serving

Cooking

None

Stir-frying

Sprinkling

Refrigerating

Cooling

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Meal Type

Brunch

Supper

Difficulty Level

Medium

Visit our website: healthdor.com