

# Rosemary Thyme Spread

16 Servings • 1 Serving = 2 Tablespoons

## Tips on Thyme



### How To Store

Wrap in a damp paper towel, seal in a plastic bag, and place in the refrigerator.



### How To Use

Use in meat dishes, soups, garlicky mushrooms, and hearty root veggies.



### Health Benefits

Lowers the risk of some cancers, promotes healthy brain cells & digestion.

## INGREDIENTS

- 8 ounces regular cream cheese, room temperature
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

## DIRECTIONS

- When cream cheese is at room temperature, add to bowl along with all other ingredients.
- Mix well to combine.
- Serve with wheat crackers and/or vegetables of choice.
- If desired, you can sub the dried herbs with fresh: fresh thyme and/or fresh rosemary.

## Nutrition Facts

16 servings per container  
**Serving size** 2 Tablespoons (28g)

**Amount per serving**

**Calories** 100

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 125mg 5%

**Total Carbohydrate** 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 0mg 0%

Potassium 43mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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