



Amaretto Cheese-Filled Apricots



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 30 apricot dried whole soft
- ☐ 0.3 cup cranberries dried sweetened chopped
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 0.3 cup slivered almonds toasted chopped

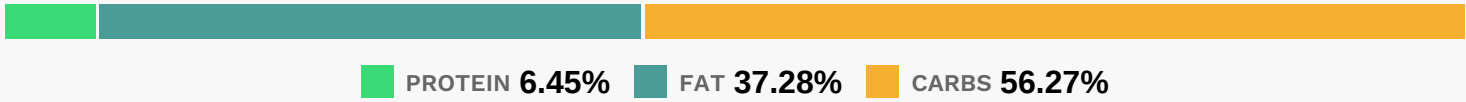
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ In small bowl, mix cream cheese, 1/4 cup of the almonds, the cherries and amaretto with spoon. Spoon into small resealable food-storage plastic bag.
- ☐ Cut 1/2 inch off 1 corner of bag.
- ☐ With fingers, open apricots along one side so they resemble partially open clamshells. Pipe about 1 teaspoon cheese mixture into each apricot.
- ☐ Finely chop remaining almonds. Dip cheese edge of apricots into almonds. Refrigerate 1 hour before serving to chill.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:1.54, Inflammation Score:-3, Nutrition Score:1.5317391218699%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 45.65kcal (2.28%), Fat: 1.95g (3.01%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.85g (2.13%), Sugar: 5.52g (6.14%), Cholesterol: 3.82mg (1.27%), Sodium: 12.81mg (0.56%), Alcohol: 0.26g (100%), Alcohol %: 2.2% (100%), Protein: 0.76g (1.52%), Vitamin A: 339.1IU (6.78%), Vitamin E: 0.71mg (4.72%), Fiber: 0.79g (3.15%), Potassium: 107.38mg (3.07%), Manganese: 0.05mg (2.47%), Copper: 0.04mg (2.08%), Vitamin B2: 0.03mg (1.69%), Phosphorus: 15.64mg (1.56%), Magnesium: 6.21mg (1.55%), Iron: 0.27mg (1.48%), Vitamin B3: 0.26mg (1.31%), Calcium: 11.4mg (1.14%)