



Apple Butter Cream Cheese Spread



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



59 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 1 pinch ground cinnamon
- ☐ 8 ounce cream cheese light softened
- ☐ 0.5 teaspoon vanilla extract

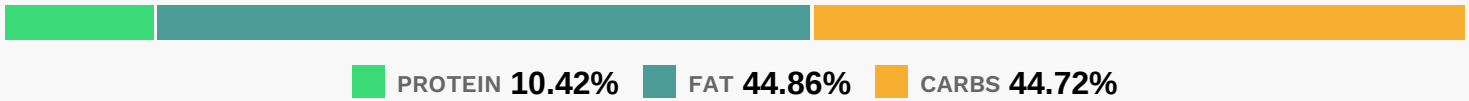
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Place cream cheese, apple butter, vanilla, and cinnamon in the container of a food processor fitted with a metal blade. Process until just smooth, about 20 seconds. Scrape down the sides of the container and process again until combined, if necessary.
- ☐ Scrape the spread into a small bowl; cover with plastic wrap and refrigerate until slightly firm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1491304357415%

Nutrients (% of daily need)

Calories: 58.84kcal (2.94%), Fat: 2.93g (4.5%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.27g (5.85%), Cholesterol: 10.21mg (3.4%), Sodium: 69.63mg (3.03%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.53g (3.06%), Calcium: 29.8mg (2.98%), Phosphorus: 29.69mg (2.97%), Vitamin B12: 0.17µg (2.9%), Vitamin B2: 0.04mg (2.2%), Vitamin A: 106.96IU (2.14%), Manganese: 0.04mg (2.12%), Vitamin B5: 0.17mg (1.66%), Potassium: 57.69mg (1.65%), Selenium: 0.8µg (1.15%)