



Apple, Pecan & Blue Cheese Spread

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 apples finely chopped
- 0.3 cup athenos cheese blue crumbled
- 0.5 cup knudsen cream light sour
- 0.3 cup planters pecans toasted chopped
- 0.3 cup onions red chopped
- 8 oz philadelphia

Equipment

- bowl

Directions

- Mix reduced-fat cream cheese and sour cream in medium bowl until blended.
- Add remaining ingredients; mix well.
- Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.1547826152781%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 56.29kcal (2.81%), Fat: 4.92g (7.57%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.27g (1.41%), Cholesterol: 12.28mg (4.09%), Sodium: 49.96mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 158.06IU (3.16%), Manganese: 0.05mg (2.62%), Calcium: 24.91mg (2.49%), Phosphorus: 23.13mg (2.31%), Vitamin B2: 0.04mg (2.15%), Selenium: 1.21µg (1.73%), Fiber: 0.31g (1.24%), Potassium: 41.01mg (1.17%), Zinc: 0.16mg (1.07%)