



## Apple, Pecan & Blue Cheese Spread

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



135 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:12.3, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:2.7726086987102%

## Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 135.1kcal (6.75%), Fat: 11.81g (18.16%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.63g (1.69%), Sugar: 3.06g (3.4%), Cholesterol: 29.46mg (9.82%), Sodium: 119.91mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin A: 379.35IU (7.59%), Manganese: 0.13mg (6.29%), Calcium: 59.78mg (5.98%), Phosphorus: 55.51mg (5.55%), Vitamin B2: 0.09mg (5.17%), Selenium: 2.91µg (4.16%), Fiber: 0.74g (2.97%), Potassium: 98.42mg (2.81%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.14µg (2.32%), Vitamin B5: 0.22mg (2.25%), Copper: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.14%), Magnesium: 8.27mg (2.07%), Vitamin E: 0.31mg (2.04%), Vitamin B6: 0.04mg (1.9%), Folate: 6.37µg (1.59%), Vitamin C: 1.26mg (1.53%), Vitamin K: 1.12µg (1.06%)