



Apricot-Chipotle-Cream Cheese Star

READY IN



15 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz cream cheese softened (from two 8-oz packages)
- ☐ 4 oz cheddar cheese shredded white
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup apricot preserves
- ☐ 2 teaspoons ginger finely chopped
- ☐ 2 teaspoons chipotles in adobo chopped (from 7-oz can)
- ☐ 48 round buttery crackers

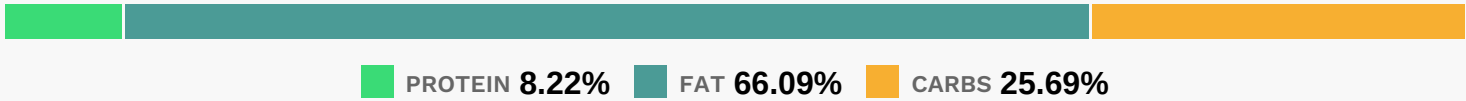
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ knife

Directions

- ☐ In food processor, place cream cheese, Cheddar cheese, onion powder and mustard. Cover; process, scraping side of bowl if necessary, until well mixed.
- ☐ Add pecans. Cover; process with on-and-off pulses 2 or 3 times until mixed.
- ☐ Using parchment paper, cut out a star shape 7 inches in diameter. Spoon the cheese spread evenly onto the shape, using a table knife to shape the star. Turn onto a serving plate; remove the parchment paper.
- ☐ In small bowl, mix preserves, gingerroot and chiles. Spoon over cheese star.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:4.025217394466%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 190.19kcal (9.51%), Fat: 14.31g (22.01%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.87g (4.32%), Sugar: 4.95g (5.5%), Cholesterol: 28.56mg (9.52%), Sodium: 195.54mg (8.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Manganese: 0.21mg (10.54%), Phosphorus: 90.24mg (9.02%), Calcium: 88.9mg (8.89%), Vitamin A: 373.68IU (7.47%), Selenium: 4.67µg (6.67%), Vitamin B2: 0.11mg (6.49%), Vitamin K: 5.24µg (4.99%), Vitamin B1: 0.07mg (4.67%), Vitamin E: 0.61mg (4.08%), Zinc: 0.59mg (3.91%), Copper: 0.07mg (3.35%), Iron: 0.58mg (3.25%), Folate: 10.87µg (2.72%), Magnesium: 10.36mg (2.59%), Fiber: 0.64g (2.56%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.12µg (2.03%), Potassium: 66.01mg (1.89%), Vitamin B6: 0.03mg (1.6%)