



Apricot-Nut Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounces cream cheese cubed softened
- 6 ounces apricot dried
- 0.5 cup walnut pieces chopped
- 0.5 cup water

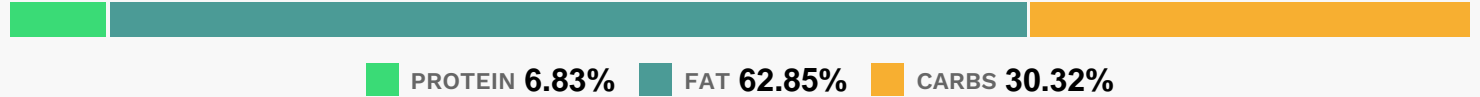
Equipment

- blender

Directions

- Soak apricots in water overnight; drain; reserving 2 tablespoons liquid.
- In a blender, combine apricots and reserved liquid ; process for about 10 seconds.
- Add cream cheese; process just until blended, about 10–20 seconds.
- Add walnuts and blend until mixed. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:2.23, Inflammation Score:-4, Nutrition Score:2.7521739057873%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 99.14kcal (4.96%), Fat: 7.31g (11.25%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 6.92g (2.52%), Sugar: 6.31g (7.01%), Cholesterol: 14.32mg (4.77%), Sodium: 46.01mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin A: 574.24IU (11.48%), Manganese: 0.15mg (7.57%), Copper: 0.1mg (4.92%), Potassium: 158.16mg (4.52%), Fiber: 1.02g (4.08%), Vitamin E: 0.61mg (4.05%), Phosphorus: 35.37mg (3.54%), Vitamin B2: 0.05mg (2.7%), Magnesium: 10.53mg (2.63%), Calcium: 23.4mg (2.34%), Selenium: 1.63µg (2.33%), Iron: 0.4mg (2.25%), Vitamin B6: 0.04mg (2.14%), Vitamin B3: 0.33mg (1.65%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.23mg (1.51%), Folate: 5.92µg (1.48%), Vitamin B1: 0.02mg (1.15%)