



Baked Apricot Spread

READY IN



40 min.

SERVINGS



40

CALORIES



124 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup planters almonds sliced
- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 0.5 cup apricots dried sliced
- 40 servings ritz crackers
- 1 cup cheddar cheese shredded kraft

Equipment

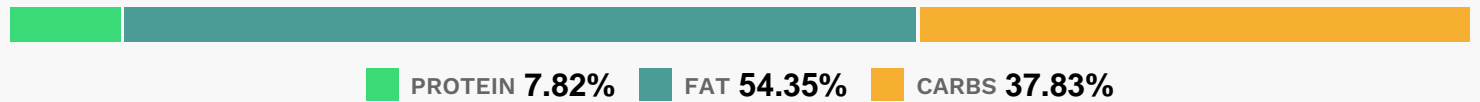
- bowl

oven

Directions

- Heat oven to 350F.
- Mix cream cheese and cheddar in medium bowl until blended.
- Add sour cream and apricots; mix well.
- Spread into 9-inch pie plate; sprinkle with nuts.
- Bake 25 to 30 min. or until nuts are lightly toasted and spread is heated through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.1813043215029%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.14kcal (6.21%), Fat: 7.57g (11.65%), Saturated Fat: 2.88g (18%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.28g (4.1%), Sugar: 2.52g (2.8%), Cholesterol: 10.25mg (3.42%), Sodium: 178.46mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 8.28µg (7.89%), Phosphorus: 69.71mg (6.97%), Vitamin E: 0.91mg (6.04%), Calcium: 55.97mg (5.6%), Manganese: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.08mg (4.86%), Iron: 0.8mg (4.44%), Vitamin B3: 0.86mg (4.3%), Vitamin A: 180.94IU (3.62%), Folate: 13.3µg (3.32%), Selenium: 2.2µg (3.14%), Fiber: 0.58g (2.33%), Magnesium: 7.19mg (1.8%), Zinc: 0.27mg (1.8%), Copper: 0.04mg (1.79%), Potassium: 56.76mg (1.62%), Vitamin B5: 0.12mg (1.25%)