

Blue Cheese, Sweet Pecan, and Cranberry Spread

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

Ingredients

- 4 ounces cheese blue crumbled
- 0.5 cup candied pecans chopped
- 4 ounces cream cheese softened
- 0.5 cup cranberries dried chopped

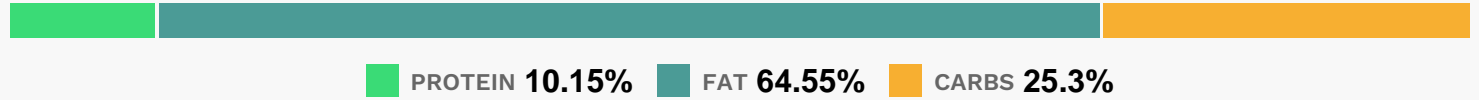
Equipment

- bowl

Directions

- Mix the blue cheese and cream cheese in a medium bowl. Stir in the pecans and cranberries.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.0582608895619%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 128.4kcal (6.42%), Fat: 9.42g (14.49%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.79g (2.83%), Sugar: 6.88g (7.65%), Cholesterol: 19.96mg (6.65%), Sodium: 188.33mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Calcium: 75.34mg (7.53%), Phosphorus: 56.5mg (5.65%), Vitamin A: 238.82IU (4.78%), Vitamin B2: 0.07mg (4.18%), Selenium: 2.66µg (3.79%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.16µg (2.72%), Zinc: 0.36mg (2.43%), Fiber: 0.52g (2.08%), Vitamin E: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.37%), Potassium: 46.97mg (1.34%), Folate: 5.1µg (1.28%)