



## Caramelized Apple-Blue Cheese Spread

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



518 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 tablespoon butter
- 1 teaspoon sugar
- 2 cups apples firm finely chopped (preferably Fuji or Braeburn)
- 1 shallots finely chopped
- 8 oz cream cheese softened
- 1 cup cheese blue crumbled (preferably Maytag or Roquefort)
- 0.8 cup mayonnaise
- 0.8 cup cream sour

- 0.5 teaspoon salt
- 0.5 cup pecans chopped
- 40 slices bread french

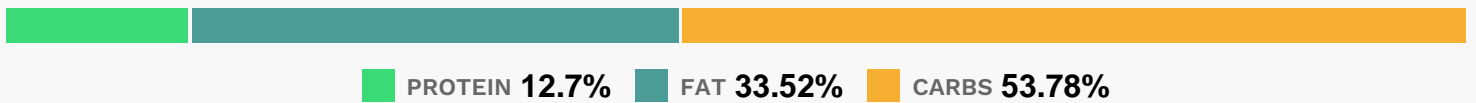
## Equipment

- bowl
- sauce pan

## Directions

- In 1-quart saucepan, melt butter over low heat. Stir in sugar until it dissolves, about 20 seconds.
- Add apples and shallot. Cook 20 to 30 minutes, stirring occasionally, until mixture turns golden brown and aroma is reminiscent of apple cider. (Do not rush process; color takes a while to form, but the flavor is worth it.) Set aside to cool completely.
- Meanwhile, in small bowl, mix cream cheese, cheese, mayonnaise, sour cream and salt until well blended. Gently stir in cooled caramelized apple mixture and the pecans. Refrigerate 30 minutes before serving.
- Garnish with additional chopped pecans if desired.
- Serve with bread or crackers.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:52.1, Inflammation Score:-7, Nutrition Score:18.63695666194%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol:

0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 517.89kcal (25.89%), Fat: 19.44g (29.92%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 70.18g (23.39%), Net Carbohydrates: 66.76g (24.28%), Sugar: 8.42g (9.36%), Cholesterol: 26.64mg (8.88%), Sodium: 1002.72mg (43.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.15%), Vitamin B1: 0.94mg (62.46%), Selenium: 39.2µg (56%), Folate: 163.25µg (40.81%), Manganese: 0.8mg (40.25%), Vitamin B2: 0.62mg (36.58%), Vitamin B3: 6.3mg (31.51%), Iron: 5.16mg (28.68%), Phosphorus: 190.82mg (19.08%), Vitamin K: 15.55µg (14.81%), Fiber: 3.42g (13.67%), Calcium: 125.91mg (12.59%), Magnesium: 48.68mg (12.17%), Copper: 0.24mg (11.98%), Zinc: 1.74mg (11.62%), Vitamin B6: 0.17mg (8.7%), Vitamin B5: 0.69mg (6.88%), Potassium: 223.38mg (6.38%), Vitamin A: 288.81IU (5.78%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.14µg (2.28%)