



Carrot Spread Surprise

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 small carrots grated
- 8 ounce cream cheese softened
- 0.3 cup mayonnaise
- 1 tablespoon onion finely chopped
- 1 cup ground pecans
- 16 servings salt and pepper to taste

Equipment

- bowl

Directions

In a medium bowl, thoroughly blend cream cheese, carrots, pecans, onion, and mayonnaise. Season with salt and pepper. Cover, and refrigerate until serving.

Nutrition Facts



PROTEIN 5.07% **FAT 85.65%** **CARBS 9.28%**

Properties

Glycemic Index:10.05, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:4.7873912474707%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 121.54kcal (6.08%), Fat: 11.98g (18.43%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.42g (1.58%), Cholesterol: 15.79mg (5.26%), Sodium: 269.17mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin A: 2284.37IU (45.69%), Manganese: 0.3mg (14.97%), Vitamin K: 7.87µg (7.5%), Copper: 0.08mg (4.17%), Fiber: 0.95g (3.82%), Phosphorus: 37.6mg (3.76%), Vitamin B1: 0.05mg (3.53%), Vitamin B2: 0.05mg (2.87%), Vitamin E: 0.41mg (2.71%), Magnesium: 10.37mg (2.59%), Zinc: 0.39mg (2.59%), Potassium: 85.73mg (2.45%), Calcium: 22.75mg (2.27%), Selenium: 1.55µg (2.22%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.18mg (1.75%), Folate: 5.31µg (1.33%), Iron: 0.22mg (1.22%), Vitamin B3: 0.21mg (1.04%), Vitamin C: 0.85mg (1.03%)