



WHATShEATe



Chile-Cheese Spread

READY IN



45 min.

SERVINGS



3

CALORIES



643 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon adobo sauce from can
- ☐ 0.5 teaspoon chili powder
- ☐ 3 chipotle peppers in adobo sauce canned
- ☐ 3 servings round buttery crackers assorted
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 halves garnishes: green onion curls
- ☐ 3 green onions finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon hot sauce

- ☐ 16 ounce cream cheese light softened
- ☐ 0.3 cup pecans toasted chopped
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.3 teaspoon worcestershire sauce

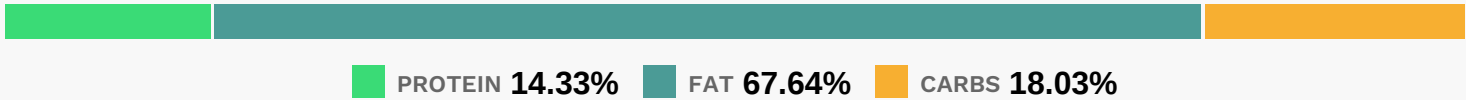
Equipment

- ☐ food processor

Directions

- ☐ Combine cream cheese and next 9 ingredients in a food processor, and pulse 3 times, stopping to scrape down sides. Stir in toasted pecans, and chill 2 hours.
- ☐ Garnish, if desired.
- ☐ Serve with assorted crackers and vegetables.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:19.915217389231%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 642.65kcal (32.13%), Fat: 48.97g (75.34%), Saturated Fat: 22.71g (141.96%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 25.76g (9.37%), Sugar: 12.15g (13.5%), Cholesterol: 119.45mg (39.82%), Sodium: 1236.15mg (53.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Calcium: 540.31mg (54.03%), Phosphorus: 489.32mg (48.93%), Vitamin K: 37.3µg (35.52%), Manganese: 0.7mg (34.75%), Vitamin A: 1589.94IU (31.8%), Vitamin B2: 0.52mg (30.76%), Vitamin B12: 1.79µg (29.86%), Selenium: 18.18µg (25.98%), Zinc:

2.99mg (19.92%), Vitamin B5: 1.61mg (16.1%), Vitamin B1: 0.23mg (15.6%), Potassium: 531.83mg (15.2%), Folate: 59.42µg (14.86%), Fiber: 3.62g (14.46%), Iron: 2.27mg (12.6%), Copper: 0.25mg (12.26%), Vitamin E: 1.77mg (11.8%), Magnesium: 45.14mg (11.29%), Vitamin B6: 0.15mg (7.68%), Vitamin B3: 1.29mg (6.45%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.02mg (3.66%)