



## Chipotle-Apricot Cream Cheese Spread

READY IN



15 min.

SERVINGS



12

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup apricot preserves
- 1 chipotle pepper in adobo sauce canned finely chopped
- 8 oz philadelphia cream cheese softened
- 1 green onion finely chopped
- 12 servings ritz crackers
- 2 Tbsp water

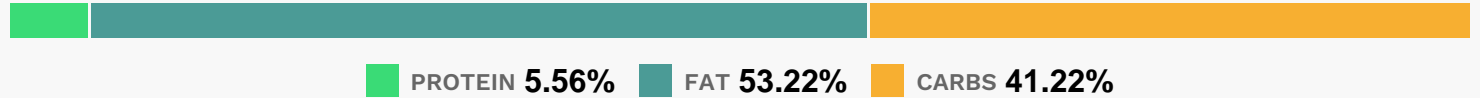
### Equipment

- sauce pan

## Directions

- Spread cream cheese onto bottom of pie plate.
- Cook preserves, peppers and water in saucepan on medium-low heat 5 min. or until preserves are melted, stirring occasionally. Stir in onions; spread over cream cheese.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:3.2752174113108%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 169.88kcal (8.49%), Fat: 10.24g (15.75%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 17.29g (6.29%), Sugar: 6.4g (7.11%), Cholesterol: 19.09mg (6.36%), Sodium: 204.71mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Vitamin K: 10.47µg (9.97%), Phosphorus: 64.57mg (6.46%), Vitamin A: 284.06IU (5.68%), Vitamin B2: 0.09mg (5.23%), Vitamin B1: 0.08mg (5.04%), Vitamin E: 0.74mg (4.93%), Manganese: 0.09mg (4.7%), Iron: 0.83mg (4.61%), Calcium: 45.74mg (4.57%), Vitamin B3: 0.81mg (4.03%), Selenium: 2.56µg (3.66%), Folate: 13.96µg (3.49%), Fiber: 0.55g (2.19%), Copper: 0.03mg (1.72%), Vitamin B5: 0.17mg (1.7%), Potassium: 54.34mg (1.55%), Zinc: 0.2mg (1.35%), Magnesium: 5.36mg (1.34%), Vitamin C: 1.06mg (1.28%), Vitamin B6: 0.02mg (1.14%)