



Christmas Chip Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cream cheese softened
- 6.5 ounce pepper jelly green red
- 0.3 cup pecans chopped

Equipment

- bowl

Directions

- Spread cream cheese in a clear, shallow bowl.
- Spread jelly over cream cheese, and sprinkle pecans on top.

Nutrition Facts

■ **PROTEIN 6.87%**
■ **FAT 85.1%**
■ **CARBS 8.03%**

Properties

Glycemic Index:2.94, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:2.5791304163311%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 113.38kcal (5.67%), Fat: 11.01g (16.93%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.41g (1.57%), Cholesterol: 28.66mg (9.55%), Sodium: 89.44mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 9.28mg (11.25%), Vitamin A: 424.64IU (8.49%), Manganese: 0.09mg (4.69%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 37.38mg (3.74%), Selenium: 2.51µg (3.58%), Calcium: 29.87mg (2.99%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.31mg (2.07%), Vitamin B5: 0.19mg (1.88%), Potassium: 64.59mg (1.85%), Copper: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.62%), Zinc: 0.23mg (1.56%), Fiber: 0.36g (1.44%), Magnesium: 5.77mg (1.44%), Vitamin K: 1.51µg (1.44%), Vitamin B12: 0.06µg (1.04%), Folate: 4.08µg (1.02%)