



Chutney-Onion Cheese Spread

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



568 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 cup chutney

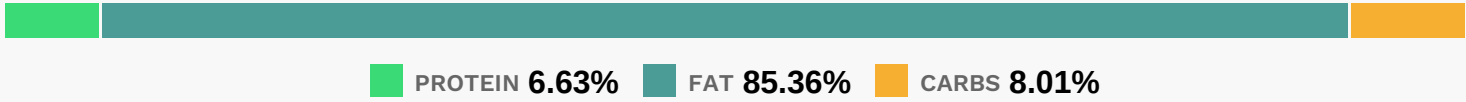
Equipment

Directions

- ☐ Spread cream cheese into a 6-inch circle on a serving plate.

- ☐ Spread chutney over cream cheese.
- ☐ Sprinkle with green onions and, if desired, peanuts.
- ☐ Serve immediately, or cover and chill up to 1 hour.
- ☐ Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:9.8521739348121%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 567.54kcal (28.38%), Fat: 54.35g (83.62%), Saturated Fat: 31.7g (198.15%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 11.19g (4.07%), Sugar: 5.94g (6.6%), Cholesterol: 152.71mg (50.9%), Sodium: 1079.6mg (46.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin A: 3068IU (61.36%), Vitamin K: 26.18µg (24.93%), Vitamin B2: 0.36mg (20.98%), Selenium: 13.07µg (18.67%), Phosphorus: 165.89mg (16.59%), Calcium: 154.66mg (15.47%), Vitamin C: 7.77mg (9.41%), Vitamin E: 1.36mg (9.08%), Vitamin B5: 0.87mg (8.7%), Potassium: 230.25mg (6.58%), Vitamin B12: 0.33µg (5.54%), Zinc: 0.8mg (5.33%), Folate: 20.72µg (5.18%), Vitamin B6: 0.09mg (4.57%), Magnesium: 15.83mg (3.96%), Vitamin B1: 0.04mg (2.73%), Iron: 0.33mg (1.84%), Copper: 0.04mg (1.82%), Manganese: 0.03mg (1.72%), Fiber: 0.29g (1.16%)