



Cinnamon Apple Spread

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

Ingredients

- 3 Tbsp apple juice
- 0.8 cup apples finely chopped
- 8 oz philadelphia cream cheese softened
- 24 graham crackers
- 0.5 tsp ground cinnamon

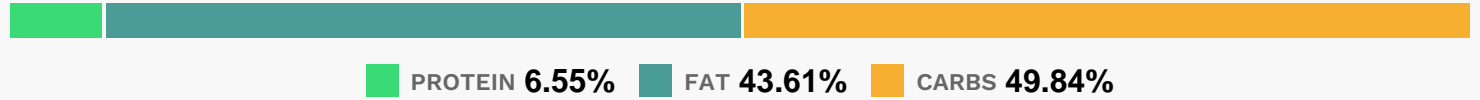
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese, apple juice and cinnamon in medium bowl with electric mixer on medium speed until well blended. Stir in apples; cover.
- Refrigerate at least 1 hour to blend flavors.
- Serve as a spread for the grahams.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:18.99, Inflammation Score:-3, Nutrition Score:3.7204347563827%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 229.11kcal (11.46%), Fat: 11.19g (17.21%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.32g (9.93%), Sugar: 9.99g (11.1%), Cholesterol: 22.91mg (7.64%), Sodium: 292.92mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Phosphorus: 93.57mg (9.36%), Vitamin B2: 0.14mg (8%), Iron: 1.44mg (8%), Vitamin B3: 1.3mg (6.52%), Vitamin A: 310.08IU (6.2%), Fiber: 1.45g (5.78%), Magnesium: 22.64mg (5.66%), Vitamin B1: 0.08mg (5.63%), Zinc: 0.77mg (5.15%), Calcium: 50.77mg (5.08%), Folate: 17.79µg (4.45%), Potassium: 104.55mg (2.99%), Selenium: 1.96µg (2.8%), Vitamin B6: 0.05mg (2.56%), Manganese: 0.03mg (1.59%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.38%)