



## Citrus & Herb-Cream Cheese Spread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.8 cup philadelphia chive & onion
- 1 Tbsp chives fresh chopped
- 1 Tbsp orange marmalade
- 36 woven wheat crackers

### Equipment

### Directions

Spread crackers with cream cheese.

Top with marmalade and chives.

## Nutrition Facts

**PROTEIN 7.71%** **FAT 54.86%** **CARBS 37.43%**

### Properties

Glycemic Index:4.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.45913043002719%

### Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 79.34kcal (3.97%), Fat: 4.84g (7.45%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.95g (2.53%), Sugar: 2.65g (2.94%), Cholesterol: 10.56mg (3.52%), Sodium: 132.83mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 176.04IU (3.52%), Calcium: 25.79mg (2.58%), Fiber: 0.48g (1.93%)