



Cranberry Cheese Spread

READY IN



15 min.

SERVINGS



14

CALORIES



221 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 14 servings round buttery crackers assorted
- 8 ounces cream cheese softened
- 0.3 teaspoon ground cinnamon
- 2 tablespoons honey
- 0.3 cup slivered almonds toasted
- 0.5 cup cream sour
- 14 ounces roasted cranberry sauce canned

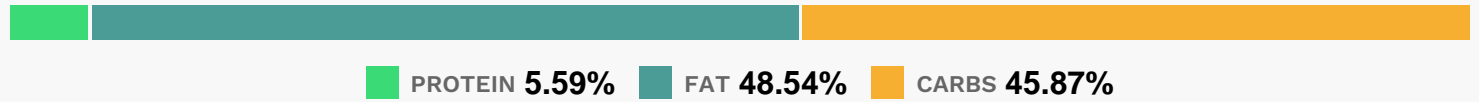
Equipment

bowl

Directions

- In a small bowl, beat the cream cheese, sour cream, honey and cinnamon until smooth.
- Spread onto a serving dish or plate.
- In a small bowl, stir cranberry sauce until it reaches spreading consistency; spread over cream cheese mixture.
- Sprinkle with almonds. Cover and refrigerate for 2-3 hours.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:4.2521738876467%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 220.86kcal (11.04%), Fat: 12.21g (18.78%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 24.92g (9.06%), Sugar: 13.78g (15.31%), Cholesterol: 21.21mg (7.07%), Sodium: 196.1mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin E: 1.65mg (11.01%), Manganese: 0.17mg (8.67%), Vitamin K: 8.87µg (8.45%), Phosphorus: 80.9mg (8.09%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.09mg (5.71%), Calcium: 56.96mg (5.7%), Vitamin A: 280.78IU (5.62%), Iron: 0.97mg (5.37%), Vitamin B3: 0.93mg (4.64%), Fiber: 1.03g (4.1%), Selenium: 2.68µg (3.82%), Folate: 14.95µg (3.74%), Magnesium: 12.91mg (3.23%), Copper: 0.06mg (2.96%), Potassium: 79.19mg (2.26%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.03mg

(1.52%)