



Cranberry-Jalapeño Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

SIDE DISH

Ingredients

- 0.5 cup cranberries fresh
- 8 ounce block cream cheese fat-free
- 1 teaspoon cilantro leaves fresh chopped
- 2 tablespoons jalapeno jelly hot
- 2 teaspoons juice of lime
- 2 tablespoons water

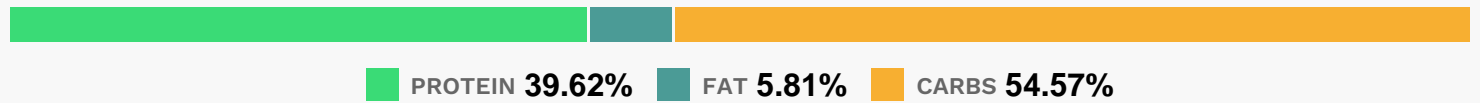
Equipment

- sauce pan

Directions

- Combine cranberries and water in a medium saucepan.
- Place over medium heat; cook until cranberries pop, stirring occasionally.
- Add jelly; cook until jelly melts, stirring frequently.
- Remove from heat; stir in cilantro and lime juice. Cool to room temperature.
- Place cheese on a serving plate; pour cranberry mixture over cheese.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.5086956322193%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 45.19kcal (2.26%), Fat: 0.29g (0.45%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.64g (5.16%), Cholesterol: 3.4mg (1.13%), Sodium: 201.09mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Phosphorus: 149.14mg (14.91%), Calcium: 100.3mg (10.03%), Vitamin B2: 0.08mg (4.5%), Vitamin B12: 0.27µg (4.49%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.26mg (2.58%), Folate: 10.12µg (2.53%), Potassium: 85.34mg (2.44%), Vitamin C: 1.66mg (2.02%), Selenium: 1.4µg (2%), Magnesium: 6.75mg (1.69%), Manganese: 0.03mg (1.38%), Vitamin A: 54.37IU (1.09%)