

Cranberry Jalapeno Cream Cheese Dip

 Vegetarian  Gluten Free

READY IN

ready

55 min.

SERVINGS

servings

16

CALORIES

calories

209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 2 teaspoons cilantro leaves dried
- ☐ 2 small jalapeño peppers diced seeded finely
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces cranberries dried sweetened
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water as needed

☐ 0.5 cup sugar white to taste

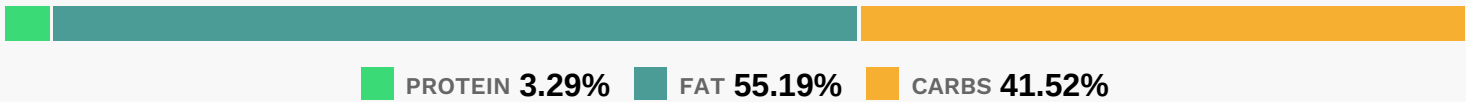
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a saucepan over medium heat; add oil. Stir cranberries into hot oil and cook until cranberries absorb most of oil, 5 to 10 minutes.
- ☐ Mix sugar, water, jalapeno peppers, lemon juice, cilantro, and salt into cranberries; cook until reduced and softened, 10 to 15 more minutes.
- ☐ Add more water if needed.
- ☐ Pulse cranberry mixture in a food processor or blender until very smooth; cool completely.
- ☐ Stir cooled cranberry mixture and cream cheese together in a bowl until smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:4.81, Inflammation Score:-3, Nutrition Score:2.5460869592169%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 13.38g (20.59%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.65g (7.87%), Sugar: 20.26g (22.52%), Cholesterol: 28.63mg (9.54%), Sodium: 126.76mg

(5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin K: 8.7µg (8.29%), Vitamin A: 400.39IU (8.01%), Vitamin E: 0.96mg (6.39%), Vitamin B2: 0.07mg (4.29%), Fiber: 0.99g (3.97%), Selenium: 2.59µg (3.71%), Phosphorus: 32.34mg (3.23%), Vitamin C: 2.54mg (3.08%), Calcium: 29.82mg (2.98%), Manganese: 0.05mg (2.65%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.03mg (1.52%), Potassium: 52.1mg (1.49%), Zinc: 0.16mg (1.1%), Vitamin B12: 0.06µg (1.04%)