



Cranberry-Topped Three-Cheese Spread

READY IN



135 min.

SERVINGS



32

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.5 cup corn flakes/bran flakes (from 8-oz container)
- ☐ 0.3 teaspoon pepper white
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup roasted cranberry sauce whole
- ☐ 1 serving almonds sliced
- ☐ 1 serving round buttery crackers assorted

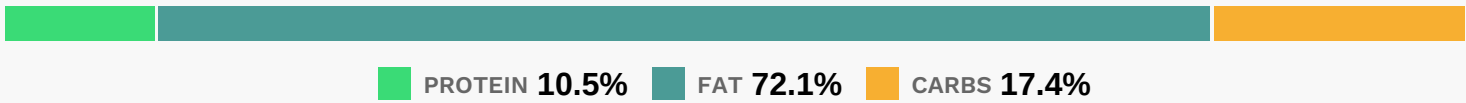
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat all ingredients except cranberry sauce, almonds and crackers with electric mixer on medium-low speed until smooth.
- ☐ Line 2-cup mold with plastic wrap. Spoon cheese mixture into mold. Cover and refrigerate until firm, at least 2 hours but no longer than 2 days.
- ☐ When ready to serve, turn mold upside down onto serving plate and remove plastic wrap. Spoon cranberry sauce over mold; sprinkle with almonds.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:1.6004347759097%

Flavonoids

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 72.22kcal (3.61%), Fat: 5.9g (9.08%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 3.04g (1.1%), Sugar: 1.62g (1.8%), Cholesterol: 17.04mg (5.68%), Sodium: 116.23mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin A: 234.25IU (4.68%), Calcium: 42.66mg (4.27%), Phosphorus: 39.54mg (3.95%), Selenium: 2.68µg (3.83%), Vitamin B2: 0.05mg (3.2%), Vitamin B12: 0.1µg (1.74%), Manganese: 0.03mg (1.63%), Zinc: 0.24mg (1.62%), Folate: 6.05µg (1.51%), Iron: 0.24mg (1.35%), Vitamin E: 0.2mg (1.3%), Vitamin B6: 0.02mg (1.11%), Magnesium: 4.07mg (1.02%)