



Cream Cheese and Chutney Roulade

 Vegetarian  Gluten Free

READY IN



555 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese chilled
- ☐ 0.3 cup mango chutney minced
- ☐ 0.3 cup pumpkin seeds raw hulled
- ☐ 1 pinch salt
- ☐ 0.3 cup spring onion thinly sliced

Equipment

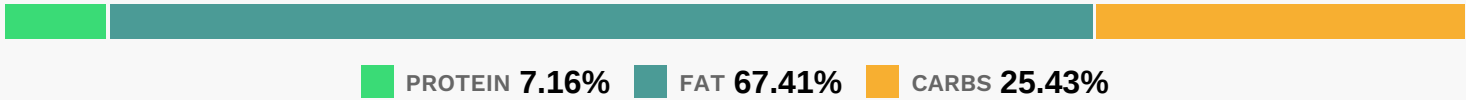
- ☐ bowl
- ☐ frying pan

☐ plastic wrap

Directions

- ☐ Place cream cheese between 2 sheets of plastic wrap and gently roll out to a 9-by-6-inch rectangle.
- ☐ Place in refrigerator for 1 hour.
- ☐ Remove top sheet of plastic and spread chutney over cheese, leaving a 1-inch border on one of the long sides. Scatter scallions on top.
- ☐ Using plastic wrap, roll up cream cheese into a log, with plain border at end. Cover tightly with plastic and chill for at least 8 hours or up to 2 days.
- ☐ Place a small skillet over medium heat to warm.
- ☐ Add pumpkin seeds and salt, then toast, shaking pan often, until seeds are fragrant, about 3 minutes. Immediately transfer seeds to a bowl to cool. When cool, roughly chop.
- ☐ When ready to serve, unwrap cheese and gently press chopped pumpkin seeds all over outside.
- ☐ Serve with crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:2.9734782343325%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 144.67kcal (7.23%), Fat: 11.07g (17.04%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 9.04g (3.29%), Sugar: 6.33g (7.03%), Cholesterol: 28.63mg (9.54%), Sodium: 97.95mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Vitamin A: 412.32IU (8.25%), Vitamin K: 7.26µg (6.91%), Manganese: 0.13mg (6.68%), Phosphorus: 66.39mg (6.64%), Magnesium: 19.39mg (4.85%), Vitamin B2: 0.08mg (4.7%), Selenium: 2.92µg (4.17%), Calcium: 33.1mg (3.31%), Copper: 0.05mg (2.71%), Zinc: 0.37mg (2.46%), Vitamin E: 0.33mg (2.21%), Potassium: 75.8mg (2.17%), Iron: 0.36mg (2.03%), Vitamin C: 1.57mg (1.91%), Vitamin B5:

0.19mg (1.86%), Folate: 7.27µg (1.82%), Fiber: 0.36g (1.43%), Vitamin B6: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.15%),
Vitamin B12: 0.06µg (1.04%)