



Cream Cheese Fiesta Spread

READY IN



15 min.

SERVINGS



8

CALORIES



69 kcal

CONDIMENT

DIP

SPREAD

Ingredients

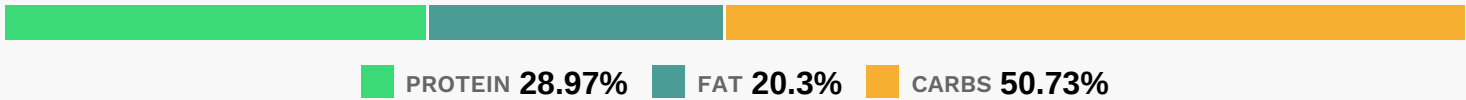
- ☐ 8 ounces weight cream cheese fat-free
- ☐ 0.3 cup salsa
- ☐ 0.3 cup apricot preserves
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon monterrey jack cheese shredded finely
- ☐ 1 tablespoon avocado chopped
- ☐ 1 tablespoon olives ripe chopped
- ☐ 1 serving round buttery crackers assorted

Equipment

Directions

- ☐ Place block of cream cheese on serving plate with shallow rim.
- ☐ Mix salsa and preserves; spread over cream cheese.
- ☐ Sprinkle with remaining ingredients except crackers.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.2108695424445%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 69.08kcal (3.45%), Fat: 1.59g (2.45%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.59g (3.12%), Sugar: 5.26g (5.84%), Cholesterol: 4.51mg (1.5%), Sodium: 296.17mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Phosphorus: 163.17mg (16.32%), Calcium: 116.45mg (11.65%), Vitamin B2: 0.09mg (5.42%), Vitamin B12: 0.28µg (4.66%), Potassium: 118.94mg (3.4%), Folate: 13.62µg (3.4%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.29mg (2.93%), Selenium: 1.9µg (2.72%), Magnesium: 9.15mg (2.29%), Vitamin K: 2.01µg (1.91%), Vitamin B6: 0.04mg (1.88%), Vitamin A: 88.93IU (1.78%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.65%), Copper: 0.03mg (1.54%), Manganese: 0.03mg (1.54%), Fiber: 0.38g (1.51%), Vitamin B3: 0.29mg (1.47%), Iron: 0.24mg (1.33%), Vitamin C: 1.01mg (1.23%)