



Cream Cheese Fiesta Spread

READY IN



15 min.

SERVINGS



8

CALORIES



138 kcal

CONDIMENT

DIP

SPREAD

Ingredients

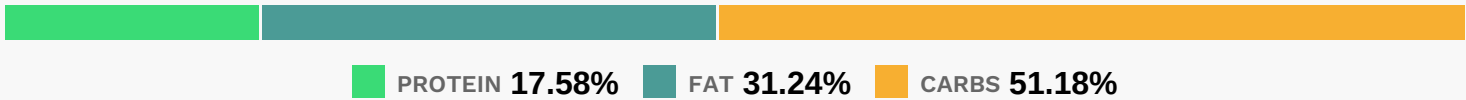
- ☐ 1 tablespoon avocado chopped
- ☐ 8 servings round buttery crackers assorted
- ☐ 8 ounces weight cream cheese fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon monterrey jack cheese shredded finely
- ☐ 1 tablespoon olives ripe chopped
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 cup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

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:-2, Nutrition Score:4.9991304377175%

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: 137.96kcal (6.9%), Fat: 4.84g (7.45%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 17.16g (6.24%), Sugar: 6.4g (7.11%), Cholesterol: 4.51mg (1.5%), Sodium: 419.65mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Phosphorus: 201.39mg (20.14%), Calcium: 138.01mg (13.8%), Vitamin K: 9.01µg (8.58%), Vitamin B2: 0.13mg (7.61%), Folate: 23.7µg (5.92%), Vitamin B1: 0.09mg (5.78%), Manganese: 0.11mg (5.32%), Vitamin E: 0.76mg (5.04%), Vitamin B3: 0.98mg (4.89%), Iron: 0.86mg (4.8%), Vitamin B12: 0.28µg (4.66%), Zinc: 0.59mg (3.96%), Potassium: 135.6mg (3.87%), Selenium: 2.54µg (3.64%), Vitamin B5: 0.35mg (3.45%), Magnesium: 11.81mg (2.95%), Fiber: 0.7g (2.8%), Copper: 0.05mg (2.41%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 88.93IU (1.78%), Vitamin C: 1.01mg (1.23%)