



## Curry-Almond Cheese Spread

READY IN



45 min.

SERVINGS



3

CALORIES



1067 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 servings round buttery crackers assorted
- 16 ounce cream cheese softened
- 1 tablespoon curry powder
- 0.5 teaspoon mustard dry
- 1 sprigs garnishes: granny smith apple fresh thinly sliced
- 9 ounce mango chutney
- 1 cup slivered almonds toasted
- 3 servings slivered almonds toasted

# Equipment

food processor

# Directions

Process first 5 ingredients in a food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour.

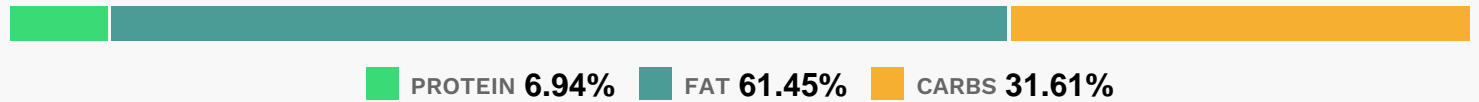
Shape mixture into a round. Chill until ready to serve.

Sprinkle with almonds.

Garnish, if desired.

Serve with assorted crackers.

# Nutrition Facts



# Properties

Glycemic Index:46.33, Glycemic Load:34.34, Inflammation Score:-9, Nutrition Score:23.641304223434%

# Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

# Nutrients (% of daily need)

Calories: 1066.94kcal (53.35%), Fat: 74.65g (114.84%), Saturated Fat: 32.88g (205.5%), Carbohydrates: 86.4g (28.8%), Net Carbohydrates: 79.76g (29%), Sugar: 49.96g (55.51%), Cholesterol: 152.71mg (50.9%), Sodium: 644.55mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Vitamin E: 11.89mg (79.27%), Manganese: 1.08mg (53.83%), Vitamin B2: 0.88mg (51.95%), Vitamin A: 2050.96IU (41.02%), Phosphorus: 409.37mg (40.94%), Magnesium: 126.28mg (31.57%), Calcium: 298.31mg (29.83%), Copper: 0.53mg (26.59%), Fiber: 6.64g (26.56%), Selenium: 17.99µg (25.7%), Iron: 3.29mg (18.3%), Potassium: 588.99mg (16.83%), Zinc: 2.16mg (14.4%), Folate: 54.39µg (13.6%), Vitamin B1: 0.2mg (13.52%), Vitamin K: 13.2µg (12.57%), Vitamin B3: 2.37mg

(11.87%), Vitamin B5: 1.11mg (11.14%), Vitamin C: 7.75mg (9.4%), Vitamin B6: 0.19mg (9.32%), Vitamin B12: 0.33µg (5.54%)