



Easy Fiesta Christmas Tree

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces cream cheese
- ☐ 1 serving bell pepper green yellow
- ☐ 1 piece spring onion (2 inches)
- ☐ 0.3 cup salsa thick
- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 serving tortilla chips assorted sliced

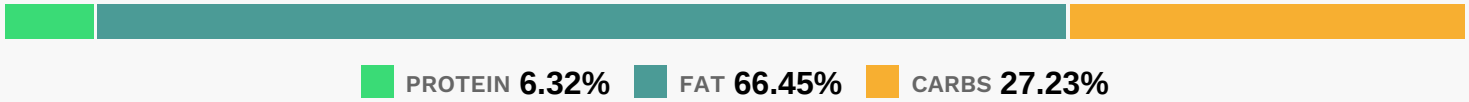
Equipment

☐ cookie cutter

Directions

- ☐ Cut block of cream cheese diagonally in half; arrange on serving plate with shallow rim to form triangle.
- ☐ Cut star out of bell pepper with star-shaped cookie cutter; place at top of tree.
- ☐ Place green onion piece at base of tree.
- ☐ Mix salsa and preserves; spoon over cream cheese.
- ☐ Sprinkle with cilantro.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:2.8121738978054%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 137.96kcal (6.9%), Fat: 10.52g (16.19%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.18g (3.34%), Sugar: 4.83g (5.36%), Cholesterol: 28.63mg (9.54%), Sodium: 157.22mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin A: 478.31IU (9.57%), Vitamin C: 7.07mg (8.57%), Vitamin K: 5.36µg (5.11%), Vitamin B2: 0.08mg (4.42%), Phosphorus: 43.08mg (4.31%), Selenium: 2.82µg (4.03%), Calcium: 36.79mg (3.68%), Vitamin E: 0.51mg (3.41%), Vitamin B6: 0.06mg (2.78%), Potassium: 87.67mg (2.5%), Vitamin B5: 0.23mg (2.3%), Fiber: 0.52g (2.09%), Magnesium: 8.05mg (2.01%), Zinc: 0.23mg (1.51%), Copper: 0.03mg (1.37%), Manganese: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.29%), Folate: 5.08µg (1.27%), Iron: 0.2mg (1.12%), Vitamin B12: 0.06µg (1.04%)