



Easy Fiesta Christmas Tree



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

Ingredients

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

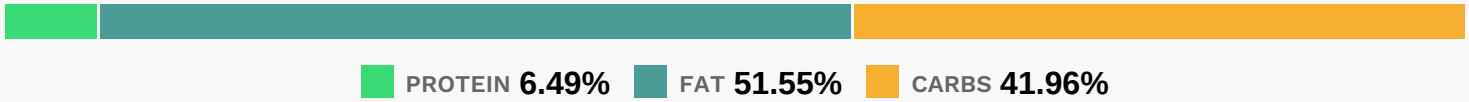
Equipment

☐ 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:0.62, Inflammation Score:-6, Nutrition Score:8.6508696493895%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 264.01kcal (13.2%), Fat: 15.68g (24.13%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 26g (9.45%), Sugar: 6.27g (6.96%), Cholesterol: 28.63mg (9.54%), Sodium: 239.15mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin C: 48.93mg (59.31%), Vitamin K: 14.34µg (13.65%), Vitamin A: 671.68IU (13.43%), Fiber: 2.73g (10.93%), Phosphorus: 108.62mg (10.86%), Vitamin B6: 0.22mg (10.8%), Vitamin E: 1.57mg (10.46%), Magnesium: 33.84mg (8.46%), Calcium: 67.97mg (6.8%), Potassium: 223.37mg (6.38%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.57mg (5.71%), Selenium: 3.9µg (5.57%), Vitamin B1: 0.08mg (5.55%), Manganese: 0.09mg (4.52%), Copper: 0.09mg (4.27%), Zinc: 0.63mg (4.21%), Iron: 0.75mg (4.18%), Folate: 13.23µg (3.31%), Vitamin B3: 0.65mg (3.24%), Vitamin B12: 0.06µg (1.04%)