



Easy Fiesta Christmas Tree



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



132 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
- ☐ 0.3 cup salsa thick old el paso®
- ☐ 8 servings bell pepper green yellow

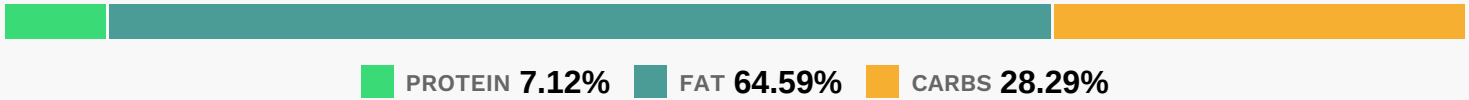
Equipment

- ☐ 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:6.2834783066874%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 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

Nutrients (% of daily need)

Calories: 131.85kcal (6.59%), Fat: 9.89g (15.21%), Saturated Fat: 5.76g (36.03%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 8.53g (3.1%), Sugar: 6.05g (6.72%), Cholesterol: 28.63mg (9.54%), Sodium: 147.31mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 48.93mg (59.31%), Vitamin A: 670.84IU (13.42%), Vitamin B6: 0.17mg (8.29%), Vitamin K: 8.48µg (8.08%), Vitamin B2: 0.09mg (5.14%), Potassium: 172.41mg (4.93%), Fiber: 1.22g (4.88%), Phosphorus: 45.62mg (4.56%), Manganese: 0.09mg (4.52%), Vitamin E: 0.58mg (3.88%), Calcium: 38.29mg (3.83%), Selenium: 2.67µg (3.81%), Vitamin B1: 0.04mg (2.94%), Copper: 0.06mg (2.92%), Magnesium: 10.32mg (2.58%), Folate: 9.87µg (2.47%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.41mg (2.07%), Iron: 0.33mg (1.81%), Zinc: 0.25mg (1.64%), Vitamin B12: 0.06µg (1.04%)