



Far East Cream Cheese Spread

READY IN



80 min.

SERVINGS



20

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 5 sesame bagels split toasted
- 0.7 cup carrots shredded
- 12 oz philadelphia cream cheese spread
- 1 Tbsp cilantro leaves chopped
- 1 small clove garlic minced
- 0.3 cup green onions sliced
- 0.1 tsp ground ginger
- 0.5 cup planters roasted peanuts dry chopped
- 4 tsp soya sauce

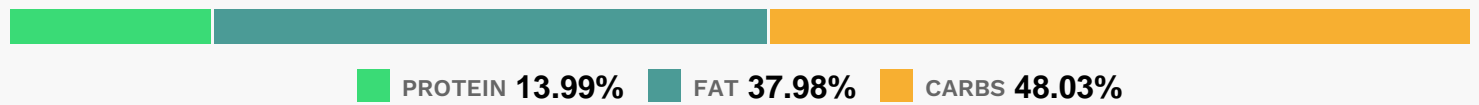
0.3 cup water chestnuts chopped

Equipment

Directions

- Mix all ingredients except bagels; cover.
- Refrigerate at least 1 hour.
- Spread onto bagels just before serving.

Nutrition Facts



Properties

Glycemic Index:11.39, Glycemic Load:9.83, Inflammation Score:-6, Nutrition Score:3.5182608987974%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 141.72kcal (7.09%), Fat: 5.99g (9.21%), Saturated Fat: 2.72g (17%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.84g (5.76%), Sugar: 1.07g (1.19%), Cholesterol: 10.55mg (3.52%), Sodium: 305.03mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.93%), Vitamin A: 888.21IU (17.76%), Manganese: 0.24mg (12.24%), Vitamin B3: 1.12mg (5.58%), Fiber: 1.2g (4.78%), Phosphorus: 43.43mg (4.34%), Magnesium: 15.82mg (3.96%), Vitamin B1: 0.05mg (3.57%), Copper: 0.07mg (3.42%), Vitamin K: 3.22µg (3.07%), Calcium: 30.33mg (3.03%), Iron: 0.52mg (2.89%), Folate: 11.51µg (2.88%), Zinc: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.44%), Potassium: 75.99mg (2.17%), Vitamin B5: 0.17mg (1.72%), Vitamin B2: 0.03mg (1.63%), Vitamin E: 0.24mg (1.62%)