



Fiesta Spread

READY IN



5 min.

SERVINGS



8

CALORIES



135 kcal

CONDIMENT

DIP

SPREAD

Ingredients

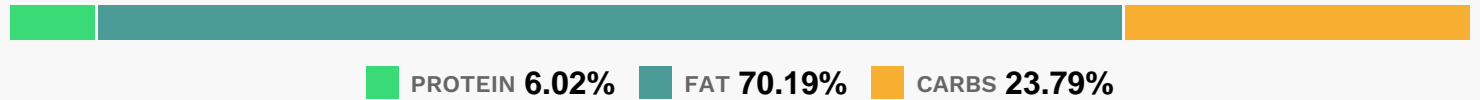
- 8 ounces cream cheese
- 0.3 cup salsa
- 0.3 cup apricot preserves
- 0.3 cup olives ripe sliced
- 1 tablespoon cilantro leaves fresh chopped
- 1 serving round buttery crackers assorted

Equipment

Directions

- Place block of cream cheese on serving plate with shallow rim.
- Mix salsa and preserves; spread over cream cheese.
- Sprinkle with olives and cilantro.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.1613043702167%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 135.44kcal (6.77%), Fat: 10.89g (16.76%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.77g (5.3%), Cholesterol: 28.63mg (9.54%), Sodium: 228.75mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin A: 454.84IU (9.1%), Vitamin B2: 0.08mg (4.42%), Selenium: 2.79µg (3.98%), Vitamin E: 0.58mg (3.9%), Phosphorus: 38.81mg (3.88%), Calcium: 36.56mg (3.66%), Vitamin K: 2.15µg (2.05%), Potassium: 68.49mg (1.96%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.03mg (1.71%), Fiber: 0.35g (1.42%), Manganese: 0.03mg (1.31%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.27%), Magnesium: 4.92mg (1.23%), Zinc: 0.18mg (1.18%), Iron: 0.21mg (1.18%), Folate: 4.55µg (1.14%), Vitamin B3: 0.23mg (1.14%), Vitamin B12: 0.06µg (1.04%)