



Fruity Cream Cheese Spread



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

☐ 8 ounce pineapple crushed drained canned

☐ 8 ounce cream cheese softened

☐ 0.5 cup strawberries fresh sliced

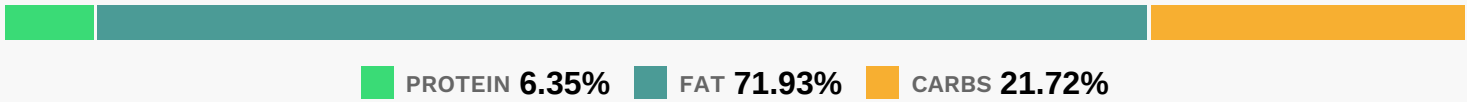
Equipment

☐ bowl

Directions

In a medium bowl, combine cream cheese, pineapple, and strawberries. Stir until well blended.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:2.4913043742595%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 119.11kcal (5.96%), Fat: 9.81g (15.09%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.12g (2.22%), Sugar: 5.55g (6.17%), Cholesterol: 28.63mg (9.54%), Sodium: 89.39mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 7.96mg (9.64%), Vitamin A: 395.99IU (7.92%), Vitamin B2: 0.07mg (4.3%), Selenium: 2.59µg (3.7%), Phosphorus: 34.48mg (3.45%), Calcium: 33.47mg (3.35%), Vitamin B1: 0.04mg (2.51%), Potassium: 86.34mg (2.47%), Fiber: 0.55g (2.19%), Vitamin B6: 0.04mg (2.07%), Magnesium: 7.97mg (1.99%), Copper: 0.04mg (1.99%), Manganese: 0.04mg (1.89%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.17mg (1.73%), Folate: 6.13µg (1.53%), Zinc: 0.18mg (1.22%), Vitamin B12: 0.06µg (1.04%)