



Jalapeño Cheese Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



306 kcal

CONDIMENT

DIP

SPREAD

Ingredients

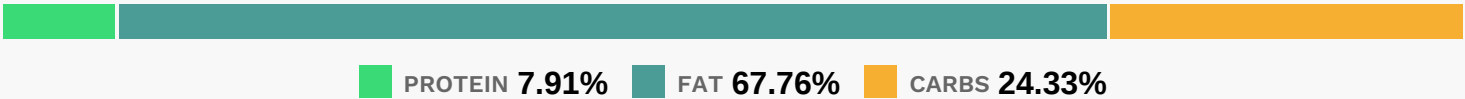
- ☐ 8 servings round buttery crackers assorted
- ☐ 16 oz cream cheese softened
- ☐ 3 to 4 roasted jalapeño peppers seeded chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon mayonnaise
- ☐ 2 oz pimentos diced drained
- ☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Combine all ingredients except crackers or tortillas.
- ☐ Mix well. Cover and refrigerate overnight.
- ☐ Serve with crackers or spread on warmed tortillas.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:5.72, Inflammation Score:-6, Nutrition Score:7.5721738035588%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 305.79kcal (15.29%), Fat: 23.26g (35.78%), Saturated Fat: 12.54g (78.39%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 17.42g (6.34%), Sugar: 3.72g (4.14%), Cholesterol: 58mg (19.33%), Sodium: 447.65mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin A: 1007.41IU (20.15%), Vitamin C: 13.84mg (16.77%), Selenium: 11.64µg (16.63%), Vitamin B2: 0.22mg (13.19%), Phosphorus: 125.74mg (12.57%), Vitamin B1: 0.17mg (11.19%), Calcium: 100.12mg (10.01%), Folate: 35.43µg (8.86%), Manganese: 0.17mg (8.32%), Vitamin K: 7.9µg (7.52%), Vitamin B3: 1.5mg (7.49%), Iron: 1.32mg (7.31%), Fiber: 1.36g (5.45%), Vitamin E: 0.79mg (5.29%), Vitamin B6: 0.09mg (4.53%), Potassium: 140.04mg (4%), Vitamin B5: 0.39mg (3.93%), Magnesium: 13.04mg (3.26%), Zinc: 0.47mg (3.13%), Copper: 0.05mg (2.43%), Vitamin B12: 0.13µg (2.11%)