



Maple-Nut Cheese Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



62 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup weight cream cheese fat-free softened
- ☐ 1 drop peppermint flavoring
- ☐ 2 teaspoons maple syrup reduced-calorie maple-flavored
- ☐ 2 teaspoons walnut pieces chopped

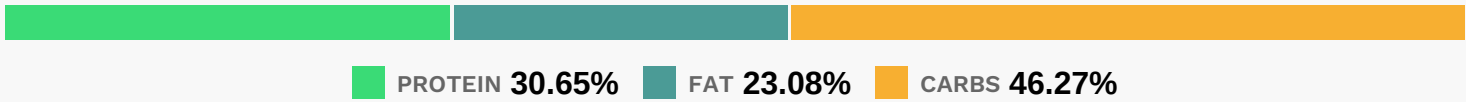
Equipment

Directions

☐

Mix all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:3.3139130465848%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 61.64kcal (3.08%), Fat: 1.59g (2.44%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5.79g (6.44%), Cholesterol: 3.39mg (1.13%), Sodium: 198.99mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Phosphorus: 154.67mg (15.47%), Manganese: 0.23mg (11.7%), Calcium: 108.75mg (10.87%), Vitamin B2: 0.17mg (9.81%), Vitamin B12: 0.27µg (4.47%), Zinc: 0.53mg (3.56%), Folate: 11.85µg (2.96%), Potassium: 103.11mg (2.95%), Magnesium: 10.85mg (2.71%), Vitamin B5: 0.25mg (2.49%), Selenium: 1.48µg (2.12%), Copper: 0.04mg (2.1%), Vitamin B1: 0.02mg (1.52%), Vitamin B6: 0.02mg (1.24%)