



Martha's Hot Almond Spread

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

234 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 8 ounce cream cheese softened
- ☐ 3 green onions chopped
- ☐ 1 pinch ground nutmeg
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup mayonnaise
- ☐ 8 ounces swiss cheese shredded

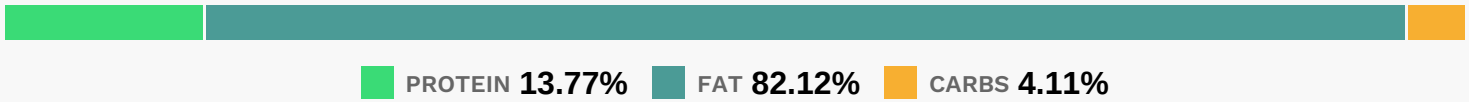
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, combine the cream cheese, mayonnaise, onions, pepper and nutmeg. Stir in the Swiss cheese.
- ☐ Transfer to small ovenproof glass bowl.
- ☐ Sprinkle 1/2 of the almonds on top.
- ☐ Bake for 7 minutes. Stir, and bake for an additional 8 minutes.
- ☐ Sprinkle remaining almonds on top, and serve.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:6.2634782314948%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 234.3kcal (11.72%), Fat: 21.61g (33.24%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.11g (1.23%), Cholesterol: 47.13mg (15.71%), Sodium: 161.2mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Calcium: 233.45mg (23.35%), Vitamin K: 20.43µg (19.46%), Phosphorus: 168.64mg (16.86%), Selenium: 9.07µg (12.95%), Vitamin B12: 0.74µg (12.4%), Vitamin A: 533.75IU (10.68%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.2mg (8.03%), Vitamin E: 1.18mg (7.9%), Magnesium: 16.73mg (4.18%), Manganese: 0.07mg (3.33%), Vitamin B5: 0.25mg (2.53%), Copper: 0.04mg (2.2%), Potassium: 74.81mg (2.14%), Folate: 7.85µg (1.96%), Vitamin B6: 0.03mg (1.74%), Fiber: 0.4g (1.62%), Iron: 0.21mg (1.18%), Vitamin B1: 0.02mg

(1.03%)