



## Nut and Honey Pear Dip

 Vegetarian

READY IN



7 min.

SERVINGS



7

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup honey divided
- 8 oz philadelphia neufchatel cheese softened
- 1 medium pears chopped
- 7 servings ritz reduced fat crackers
- 0.5 cup planters walnut pieces

## Equipment

- bowl
- microwave

## Directions

- Mix walnuts and 2 Tbsp. of the honey in small bowl; set aside.
- Combine Neufchatel, remaining 2 Tbsp. honey and pear in medium bowl until well blended.
- Spread mixture onto bottom of 9-inch pie plate or bowl. Top with walnut mixture.
- Microwave on HIGH 1 to 2 min. or until heated through.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:19.43, Glycemic Load:6.76, Inflammation Score:-3, Nutrition Score:3.8226086678712%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 296.29kcal (14.81%), Fat: 14.22g (21.88%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 38.26g (13.91%), Sugar: 20.9g (23.22%), Cholesterol: 23.98mg (7.99%), Sodium: 280.76mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Manganese: 0.31mg (15.54%), Copper: 0.17mg (8.34%), Phosphorus: 77.16mg (7.72%), Vitamin A: 280.51IU (5.61%), Fiber: 1.37g (5.49%), Calcium: 49.11mg (4.91%), Magnesium: 18.47mg (4.62%), Vitamin B2: 0.07mg (4.35%), Zinc: 0.58mg (3.84%), Folate: 14.75µg (3.69%), Potassium: 121.89mg (3.48%), Vitamin B6: 0.07mg (3.42%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.25mg (2.55%), Selenium: 1.5µg (2.15%), Iron: 0.38mg (2.12%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.26mg (1.53%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.22mg (1.09%)