



Nutty Apricot Cheese Spread

READY IN



45 min.

SERVINGS



72

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup all-natural apricot nectar
- ☐ 0.3 cup brandy
- ☐ 16 ounce cream cheese softened
- ☐ 0.8 cup apricots dried chopped
- ☐ 72 gingersnaps
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup commercial chutney chopped
- ☐ 0.3 cup raisins

- ☐ 1.3 cups honey-roasted peanuts divided finely chopped
- ☐ 8 ounces sharp cheddar cheese shredded

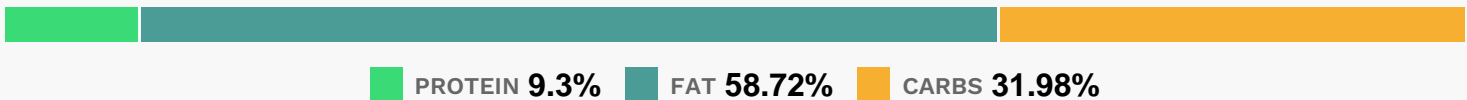
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Combine first 6 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 12 minutes or until thickened, stirring frequently.
- ☐ Transfer to a bowl; chill thoroughly.
- ☐ Position knife blade in food processor bowl.
- ☐ Add cheeses and margarine; process until smooth, scraping sides of processor bowl occasionally.
- ☐ Line 2 (2 1/2-cup) molds with heavy-duty plastic wrap.
- ☐ Spread 1/2 cup cheese mixture in bottom of each mold.
- ☐ Spread 1/4 cup plus 2 tablespoons apricot mixture over cheese mixture in each. Repeat layers with 1/2 cup cheese mixture and half of remaining apricot mixture in each mold.
- ☐ Spread remaining cheese mixture evenly over each. Cover and chill. Unmold onto serving plates; peel off plastic wrap. Press 2/3 cup peanuts gently onto each cheese mold.
- ☐ Garnish with edible flowers, if desired. To serve, spread 1 tablespoon cheese mixture on each gingersnap.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:2.5134782842968%

Nutrients (% of daily need)

Calories: 100.66kcal (5.03%), Fat: 6.61g (10.16%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.55g (2.75%), Sugar: 2.7g (3%), Cholesterol: 9.51mg (3.17%), Sodium: 123.1mg (5.35%), Alcohol: 0.28g (100%), Alcohol %: 1.29% (100%), Protein: 2.35g (4.71%), Manganese: 0.18mg (9.21%), Vitamin A: 281.65IU (5.63%), Phosphorus: 39.46mg (3.95%), Calcium: 38.18mg (3.82%), Vitamin B3: 0.69mg (3.43%), Iron: 0.58mg (3.23%), Vitamin B2: 0.05mg (3.2%), Selenium: 2.03µg (2.91%), Folate: 10.92µg (2.73%), Magnesium: 10.23mg (2.56%), Copper: 0.05mg (2.44%), Potassium: 79.8mg (2.28%), Fiber: 0.54g (2.17%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.26mg (1.76%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.12mg (1.24%), Vitamin C: 0.99mg (1.2%), Vitamin B6: 0.02mg (1.19%)