



Nutty Cheese Spread with Fruit Chutney

READY IN



90 min.

SERVINGS



16

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup raisins dried diced (from 7-ounce package)
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 0.5 cup apple cider
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup walnut pieces chopped
- ☐ 8 ounces cream cheese softened
- ☐ 1 serving round buttery crackers

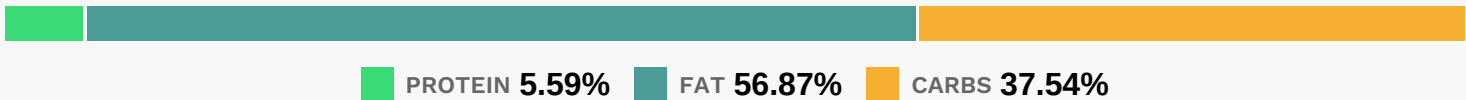
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Mix all ingredients except walnuts, cream cheese and crackers in 2-quart
- ☐ saucepan. Cook over medium heat about 5 minutes, stirring frequently, until fruit is
- ☐ plump and mixture is thick. Cover and refrigerate about 1 hour or until completely
- ☐ cooled.
- ☐ Meanwhile, heat oven to 350°.
- ☐ Spread walnuts on cookie sheet.
- ☐ Bake 5 to 7
- ☐ minutes, stirring twice, until light golden brown; cool.
- ☐ Mix walnuts and cream cheese in medium bowl.
- ☐ Spread cream cheese mixture
- ☐ in 1/2-inch-thick layer on serving plate. Top with chutney.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:1.8417391103247%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg,

Epicatechin: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 96.21kcal (4.81%), Fat: 6.37g (9.8%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.72g (3.17%), Sugar: 2.75g (3.06%), Cholesterol: 14.32mg (4.77%), Sodium: 55.72mg (2.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.12mg (5.81%), Vitamin A: 190.91IU (3.82%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 30.14mg (3.01%), Fiber: 0.74g (2.98%), Copper: 0.06mg (2.79%), Potassium: 93.65mg (2.68%), Selenium: 1.43µg (2.05%), Calcium: 20.16mg (2.02%), Iron: 0.32mg (1.76%), Magnesium: 6.97mg (1.74%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.56%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.11mg (1.06%), Zinc: 0.15mg (1.01%)