



Nutty Cheese Spread with Fruit Chutney

READY IN



90 min.

SERVINGS



16

CALORIES



156 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

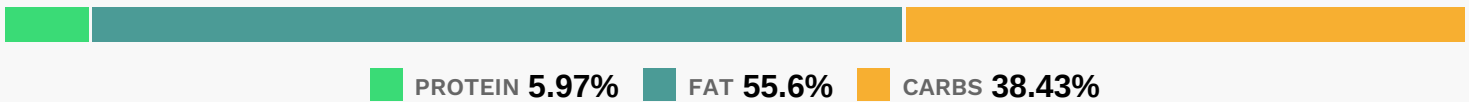
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix all ingredients except walnuts, cream cheese and crackers in 2-quartsaucepan. Cook over medium heat about 5 minutes, stirring frequently, until fruit isplump and mixture is thick. Cover and refrigerate about 1 hour or until completelycooled.
- ☐ Meanwhile, heat oven to 35
- ☐ Spread walnuts on cookie sheet.
- ☐ Bake 5 to 7minutes, stirring twice, until light golden brown; cool.
- ☐ Mix walnuts and cream cheese in medium bowl.
- ☐ Spread cream cheese mixturein 1/2-inch-thick layer on serving plate. Top with chutney.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:3.4852174015149%

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: 156.22kcal (7.81%), Fat: 9.82g (15.11%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.48g (5.26%), Sugar: 5.22g (5.8%), Cholesterol: 14.32mg (4.77%), Sodium: 186.67mg (8.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Manganese: 0.18mg (9.1%), Vitamin K: 9.01μg

(8.58%), Phosphorus: 67.32mg (6.73%), Vitamin B1: 0.08mg (5.56%), Vitamin E: 0.73mg (4.9%), Vitamin B2: 0.08mg (4.84%), Iron: 0.85mg (4.7%), Vitamin A: 224.46IU (4.49%), Vitamin B3: 0.88mg (4.38%), Calcium: 41.91mg (4.19%), Folate: 14.82µg (3.7%), Fiber: 0.8g (3.22%), Copper: 0.06mg (3.11%), Selenium: 2.08µg (2.98%), Magnesium: 8.34mg (2.08%), Potassium: 65.31mg (1.87%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.57%)