



Peachy Cream Cheese-Jalapeño Spread

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



118 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 0.5 jalapeno red seeded finely chopped
- ☐ 0.5 jalapeno green seeded finely chopped
- ☐ 8 oz cream cheese cut in half
- ☐ 1 serving pumpernickel bread assorted

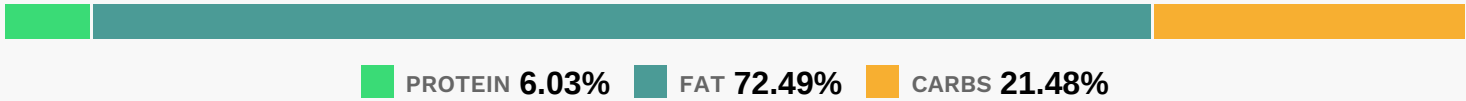
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix preserves and chiles. On small serving plate, place blocks of cream cheese. Spoon preserves mixture over cheese.
- ☐ Serve with crackers or cocktail bread.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:1.7052174223506%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 9.78g (15.04%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.45g (2.35%), Sugar: 4.36g (4.84%), Cholesterol: 28.63mg (9.54%), Sodium: 92.82mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin A: 413.65IU (8.27%), Vitamin B2: 0.07mg (4.03%), Selenium: 2.62µg (3.75%), Vitamin C: 2.95mg (3.57%), Phosphorus: 31.38mg (3.14%), Calcium: 29.29mg (2.93%), Vitamin E: 0.29mg (1.94%), Vitamin B5: 0.17mg (1.68%), Potassium: 48.36mg (1.38%), Vitamin B6: 0.03mg (1.28%), Vitamin B12: 0.06µg (1.04%), Zinc: 0.15mg (1.01%)