



## Peachy Cream Cheese-Jalapeño Spread

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



120 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

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

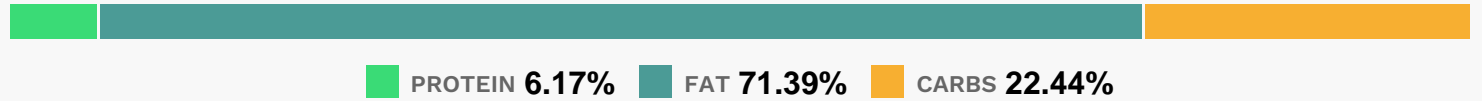
### Equipment

- 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:0.69, Inflammation Score:-3, Nutrition Score:1.821739151426%

## 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: 120.22kcal (6.01%), Fat: 9.81g (15.08%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.81g (2.48%), Sugar: 4.36g (4.85%), Cholesterol: 28.63mg (9.54%), Sodium: 98.04mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin A: 413.65IU (8.27%), Vitamin B2: 0.07mg (4.19%), Selenium: 2.84µg (4.06%), Vitamin C: 2.95mg (3.57%), Phosphorus: 32.94mg (3.29%), Calcium: 29.89mg (2.99%), Vitamin E: 0.29mg (1.97%), Vitamin B5: 0.17mg (1.72%), Potassium: 50.18mg (1.43%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.16mg (1.1%), Manganese: 0.02mg (1.08%), Vitamin B12: 0.06µg (1.04%)