



Pecan-Chutney Cheese Spread



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



205 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 1 tablespoon curry powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup green onions minced
- ☐ 9 oz mango chutney
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pecans toasted finely chopped

☐ 1 cup coconut or sweetened flaked toasted

Equipment

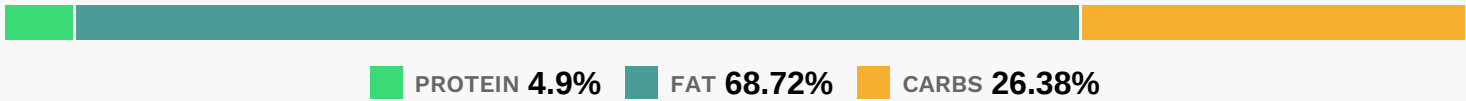
☐ food processor

☐ bowl

Directions

- ☐ Process cream cheese, mango chutney, curry powder, and dry mustard in a food processor until smooth, stopping to scrape down sides as needed. Stir in green onions, 1 cup pecans, and coconut.
- ☐ Transfer to a large bowl; cover and chill 24 hours. Shape cheese mixture into 2 (6-inch) logs. Stir together 1 cup chopped toasted pecans and parsley in a shallow dish; roll logs in pecan mixture.
- ☐ Serve with gingersnaps, sliced Gala apples and Bartlett pears, and assorted crackers.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:5.18, Inflammation Score:-4, Nutrition Score:5.7317391089771%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 204.8kcal (10.24%), Fat: 16.2g (24.93%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 12.3g (4.47%), Sugar: 9.05g (10.06%), Cholesterol: 22.91mg (7.64%), Sodium: 88.61mg (3.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 28.31µg (26.96%), Manganese: 0.51mg (25.62%), Vitamin A: 451.93IU (9.04%), Copper: 0.15mg (7.71%), Fiber: 1.7g (6.8%), Phosphorus: 61.16mg (6.12%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.43µg (4.9%), Magnesium: 18.65mg (4.66%), Vitamin B2: 0.08mg (4.64%), Vitamin C: 3.5mg (4.24%), Zinc: 0.64mg (4.24%), Calcium: 36.49mg (3.65%), Iron: 0.61mg (3.37%), Potassium: 112.45mg (3.21%), Vitamin E: 0.44mg (2.9%), Folate: 9.37µg (2.34%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (2.15%), Vitamin B3: 0.21mg (1.05%)