



Pineapple Apricot Cheese Spread

READY IN



45 min.

SERVINGS



64

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup brandy
- ☐ 2 tablespoons brandy
- ☐ 16 ounce nonfat process cream cheese product softened
- ☐ 0.5 cup apricots dried finely chopped
- ☐ 64 gingersnaps
- ☐ 0.5 teaspoon ground ginger
- ☐ 8 ounces less-fat cheddar cheese shredded 50%
- ☐ 0.3 cup butter softened reduced-calorie
- ☐ 0.3 cup commercial chutney chopped

☐ 8 ounce pineapple in juice crushed undrained canned

Equipment

☐ food processor

☐ bowl

☐ sauce pan

☐ knife

☐ cheesecloth

Directions

☐ Drain pineapple, reserving 3 tablespoons juice.

☐ Combine pineapple, reserved juice, apricot, and next 3 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 5 to 7 minutes or until thickened, stirring frequently.

☐ Transfer to a bowl; chill thoroughly.

☐ Position knife blade in food processor bowl.

☐ Add cheeses and margarine; process until smooth, scraping sides of processor bowl occasionally.

☐ Line 2 (2 1/2-cup) molds with cheesecloth dampened with 2 tablespoons brandy.

☐ Spread 1/2 cup cheese mixture in bottom of each mold.

☐ Spread 1/4 cup pineapple mixture over cheese mixture in each. Repeat layers with 1/2 cup cheese mixture and half of remaining pineapple mixture in each mold.

☐ Spread remaining cheese mixture evenly over each. Cover and chill. Unmold onto serving plates; peel off cheesecloth.

☐ Garnish with edible flowers, if desired. To serve, spread 1 tablespoon cheese mixture on each gingersnap.

Nutrition Facts



 **PROTEIN 8.44%**  **FAT 56.53%**  **CARBS 35.03%**

Properties

Glycemic Index:1.83, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:1.8826086786778%

Nutrients (% of daily need)

Calories: 83.45kcal (4.17%), Fat: 5.11g (7.86%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.84g (2.49%), Sugar: 2.72g (3.02%), Cholesterol: 10.7mg (3.57%), Sodium: 106.93mg (4.65%), Alcohol: 0.47g (100%), Alcohol %: 2.34% (100%), Protein: 1.72g (3.43%), Manganese: 0.12mg (5.89%), Vitamin A: 222.65IU (4.45%), Calcium: 38.73mg (3.87%), Vitamin B2: 0.05mg (3.2%), Phosphorus: 30.88mg (3.09%), Selenium: 2.01µg (2.88%), Iron: 0.5mg (2.79%), Folate: 7.76µg (1.94%), Copper: 0.03mg (1.57%), Potassium: 53.09mg (1.52%), Vitamin E: 0.23mg (1.52%), Magnesium: 5.94mg (1.49%), Zinc: 0.21mg (1.42%), Vitamin B1: 0.02mg (1.37%), Vitamin B3: 0.27mg (1.37%), Fiber: 0.28g (1.11%)