



Pineapple-Nut Cheese With Cranberry Chutney

READY IN



20 min.

SERVINGS



20

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.5 oz pineapple crushed drained well canned
- ☐ 20 servings round buttery crackers assorted
- ☐ 16 oz cream cheese softened
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 20 servings cranberry chutney
- ☐ 2 tablespoons onion finely chopped
- ☐ 1.5 cups pecans toasted chopped
- ☐ 1 teaspoon lawry's seasoned salt

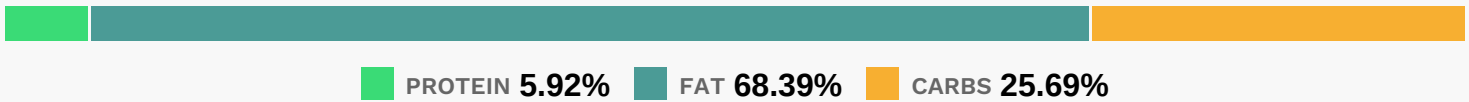
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until smooth. Gradually stir in pineapple, next 3 ingredients, and 1 cup pecans.
- ☐ Transfer to a serving bowl.
- ☐ Sprinkle evenly with remaining 1/2 cup pecans. Chill 1 hour or until firm.
- ☐ Serve with Cranberry Chutney and crackers.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:5.5208695479061%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 223.05kcal (11.15%), Fat: 17.42g (26.8%), Saturated Fat: 5.96g (37.26%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.33g (4.85%), Sugar: 4.33g (4.81%), Cholesterol: 22.91mg (7.64%), Sodium: 328.84mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Manganese: 0.46mg (23.21%), Vitamin B1: 0.14mg (9.59%), Phosphorus: 92.21mg (9.22%), Vitamin K: 9.04µg (8.61%), Copper: 0.14mg (6.86%), Vitamin A: 322.7IU

(6.45%), Vitamin B2: 0.11mg (6.39%), Vitamin E: 0.89mg (5.94%), Fiber: 1.39g (5.58%), Iron: 0.99mg (5.51%), Calcium: 54.86mg (5.49%), Vitamin B3: 0.94mg (4.71%), Selenium: 3.05µg (4.36%), Magnesium: 17.13mg (4.28%), Folate: 16.35µg (4.09%), Zinc: 0.6mg (3.99%), Vitamin C: 2.93mg (3.56%), Potassium: 102.98mg (2.94%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.65%)