



Pineapple-Raisin Cream Cheese Dip



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce nonfat cream cheese softened
- ☐ 0.3 cup pineapple preserves
- ☐ 1 tablespoon raisins

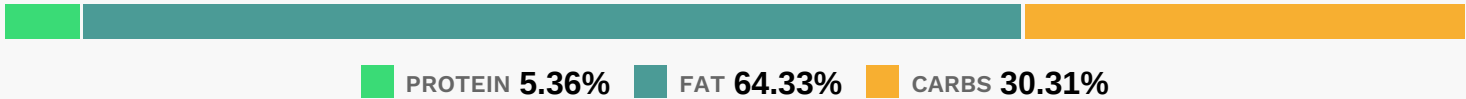
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In a small bowl, beat cream cheese at medium speed of an electric mixer until creamy.
- ☐ Add preserves, mixing well. Stir in raisins.
- ☐ Serve immediately, or, if desired, cover and chill.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:3.351304370424%

Nutrients (% of daily need)

Calories: 268.62kcal (13.43%), Fat: 19.54g (30.06%), Saturated Fat: 11.46g (71.64%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 20.22g (7.35%), Sugar: 12.44g (13.82%), Cholesterol: 57.27mg (19.09%), Sodium: 185.88mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin A: 761.47IU (15.23%), Vitamin B2: 0.15mg (9.02%), Selenium: 5.32µg (7.61%), Phosphorus: 67.52mg (6.75%), Calcium: 60.3mg (6.03%), Potassium: 122.14mg (3.49%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.33mg (3.29%), Vitamin C: 2.07mg (2.51%), Vitamin B6: 0.04mg (2.15%), Copper: 0.04mg (2.14%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.3mg (2.02%), Fiber: 0.49g (1.96%), Folate: 7.55µg (1.89%), Magnesium: 7.08mg (1.77%), Iron: 0.26mg (1.46%), Vitamin B1: 0.02mg (1.38%), Manganese: 0.02mg (1.24%), Vitamin K: 1.19µg (1.13%)