



## Pinecone Cheese Spread

 Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 2 Tbsp chiles green canned chopped
- 8 oz philadelphia cream cheese softened
- 2 Tbsp grey poupon dijon mustard
- 7 oz milk four cheese shredded 2% mexican style kraft finely

### Equipment

- food processor

## Directions

- Process first 3 ingredients in food processor until blended. Stir in chiles.
- Shape into 4-inch oval on sheet of waxed paper to resemble pinecone. Insert nuts in rows to completely cover cream cheese mixture.
- Transfer to serving plate.
- Refrigerate 2 hours.
- Let stand at room temperature 15 min. before serving to soften slightly.

## Nutrition Facts

**PROTEIN 12.91%** **FAT 79.42%** **CARBS 7.67%**

## Properties

Glycemic Index:4.8, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:2.4069565521634%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 76.09kcal (3.8%), Fat: 6.85g (10.54%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.51g (0.57%), Cholesterol: 20.28mg (6.76%), Sodium: 171.19mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Vitamin B2: 0.13mg (7.57%), Calcium: 65.53mg (6.55%), Phosphorus: 54.73mg (5.47%), Selenium: 3.04µg (4.34%), Vitamin A: 197.14IU (3.94%), Vitamin E: 0.51mg (3.42%), Vitamin B12: 0.19µg (3.21%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.67%), Manganese: 0.05mg (2.27%), Magnesium: 7.83mg (1.96%), Vitamin B5: 0.17mg (1.74%), Vitamin B1: 0.02mg (1.6%), Folate: 5.79µg (1.45%), Fiber: 0.28g (1.13%), Copper: 0.02mg (1.11%), Potassium: 36.3mg (1.04%)