



## Raspberry Cheese Spread

READY IN



10 min.

SERVINGS



3

CALORIES



1497 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4 ounces cream cheese softened
- 1 cup mayonnaise
- 2 cups part-skim mozzarella cheese shredded
- 2 cups cheddar cheese shredded
- 3 spring onion finely chopped
- 1 cup pecans chopped
- 0.3 cup raspberry jam seedless
- 1 serving round buttery crackers assorted

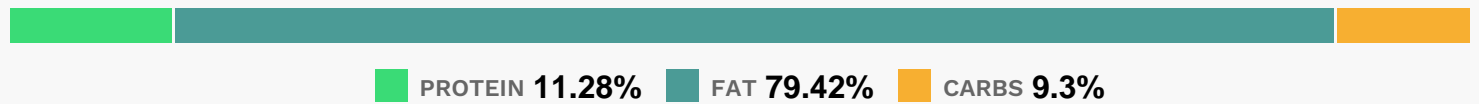
# Equipment

- bowl
- plastic wrap

# Directions

- In a small bowl, beat cream cheese and mayonnaise until smooth. Beat in cheeses and onions. Stir in pecans.
- Spread into a plastic wrap-lined 9-in. round dish. Refrigerate until set, about 1 hour.
- Invert onto a serving plate; spread with preserves.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:67, Glycemic Load:12.18, Inflammation Score:-8, Nutrition Score:33.565217847409%

# Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

# Nutrients (% of daily need)

Calories: 1496.95kcal (74.85%), Fat: 133.79g (205.84%), Saturated Fat: 40.93g (255.81%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 31.02g (11.28%), Sugar: 18.84g (20.93%), Cholesterol: 192.66mg (64.22%), Sodium: 1605.72mg (69.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.75g (85.5%), Vitamin K: 154.28µg (146.93%), Calcium: 1207.09mg (120.71%), Phosphorus: 871.89mg (87.19%), Manganese: 1.72mg (85.94%), Selenium: 39.3µg (56.15%), Zinc: 6.87mg (45.79%), Vitamin B2: 0.75mg (44.24%), Vitamin A: 1810.15IU (36.2%), Vitamin E: 4.24mg (28.26%), Copper: 0.55mg (27.27%), Vitamin B12: 1.58µg (26.39%), Magnesium: 90.17mg (22.54%), Vitamin B1: 0.33mg (21.73%), Fiber: 4.23g (16.94%), Folate: 52.31µg (13.08%), Potassium: 395.81mg (11.31%), Vitamin B6:

0.22mg (11.19%), Iron: 1.96mg (10.87%), Vitamin B5: 1.06mg (10.62%), Vitamin C: 5.15mg (6.24%), Vitamin D: 0.83µg (5.5%), Vitamin B3: 0.91mg (4.55%)