



## Red Pepper Jelly Spread

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



8

CALORIES



100 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 8 oz philadelphia cream cheese
- 1 Tbsp cilantro leaves fresh chopped
- 2 Tbsp pepper jelly red

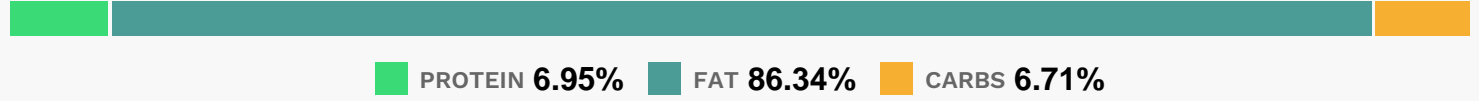
### Equipment

- microwave

### Directions

- Place cream cheese on microwaveable plate; top with jelly.
- Microwave on HIGH 45 sec. to 1 min. or until cream cheese is slightly softened.
- Sprinkle with cilantro.

## Nutrition Facts



### Properties

Glycemic Index:11.38, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:1.6634782695252%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 99.84kcal (4.99%), Fat: 9.76g (15.01%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.16g (1.29%), Cholesterol: 28.63mg (9.54%), Sodium: 89.13mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin A: 456.9IU (9.14%), Vitamin B2: 0.07mg (3.96%), Vitamin C: 2.99mg (3.62%), Selenium: 2.44µg (3.49%), Phosphorus: 30.96mg (3.1%), Calcium: 27.7mg (2.77%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.69%), Potassium: 42.59mg (1.22%), Vitamin B6: 0.02mg (1.14%), Vitamin B12: 0.06µg (1.04%)