



Spiced Cranberry Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

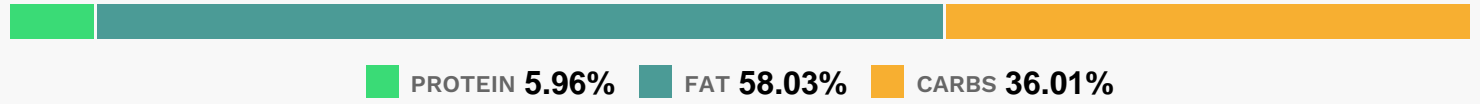
- 8 oz philadelphia cream cheese softened
- 0.1 tsp ground pepper red (cayenne)
- 0.3 cup orange marmalade
- 0.3 cup planters slivered almonds toasted
- 0.5 cup berry cranberry sauce whole canned

Equipment

Directions

- Spread cream cheese onto bottom of 9-inch pie plate.
- Mix next 3 ingredients; spoon over cream cheese. Top with nuts.
- Serve with RITZ Crackers.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:2.1982608567113%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 137.02kcal (6.85%), Fat: 9.17g (14.11%), Saturated Fat: 4.69g (29.28%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.25g (4.46%), Sugar: 10.22g (11.36%), Cholesterol: 22.91mg (7.64%), Sodium: 76.43mg (3.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin E: 1.03mg (6.85%), Vitamin A: 324.82IU (6.5%), Vitamin B2: 0.09mg (5.18%), Phosphorus: 38.2mg (3.82%), Manganese: 0.07mg (3.73%), Calcium: 32.76mg (3.28%), Selenium: 2.17µg (3.1%), Magnesium: 9.81mg (2.45%), Fiber: 0.55g (2.21%), Copper: 0.04mg (2.14%), Potassium: 57.06mg (1.63%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.37%), Iron: 0.2mg (1.09%), Folate: 4.11µg (1.03%), Vitamin B6: 0.02mg (1.02%)