



Spicy Habanero-Mint Jelly on Cream Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 servings round buttery crackers
- ☐ 8 oz block cream cheese
- ☐ 3 teaspoons cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 cup spicy habanero-mint jelly

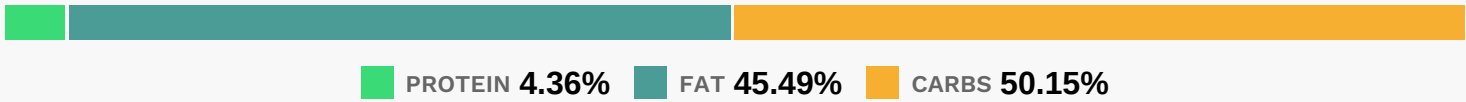
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave Spicy Habanero–Mint Jelly in a large microwave–safe bowl at HIGH 1 minute or until smooth, stirring at 30–second intervals. Stir in cilantro and lime juice. Spoon over cream cheese.
- ☐ Serve immediately with crackers.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:3.4260869479698%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 13.47g (20.72%), Saturated Fat: 6.6g (41.24%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 33.02g (12.01%), Sugar: 14.58g (16.2%), Cholesterol: 28.63mg (9.54%), Sodium: 245.8mg (10.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin K: 8.72µg (8.3%), Vitamin A: 383.89IU (7.68%), Phosphorus: 74.21mg (7.42%), Vitamin B2: 0.11mg (6.34%), Vitamin E: 0.81mg (5.37%), Calcium: 52.34mg (5.23%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.18µg (4.54%), Manganese: 0.09mg (4.5%), Iron: 0.75mg (4.16%), Vitamin B3: 0.81mg (4.04%), Folate: 14.22µg (3.55%), Vitamin B5: 0.22mg (2.23%), Potassium: 58.12mg (1.66%), Zinc: 0.24mg (1.6%), Fiber: 0.37g (1.5%), Magnesium: 5.7mg (1.43%), Vitamin B6: 0.03mg (1.3%), Copper: 0.03mg (1.27%), Vitamin B12: 0.06µg (1.04%)