



## Sweet 'N Creamy Bites

READY IN



55 min.

SERVINGS



55

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 Tbsp gingerroot fresh grated
- 1 tsp ground nutmeg
- 8 oz dole pineapple tidbits drained canned
- 24 ritz crackers
- 2 lb spaghetti squash
- 1 cup sugar

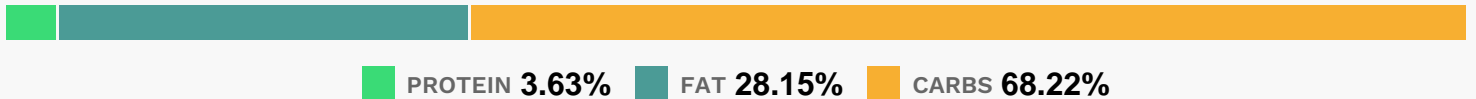
### Equipment

- sauce pan
- microwave
- kitchen towels

## Directions

- Cut squash in half lengthwise; scoop out seeds.
- Place, cut-sides down, in large microwaveable dish; cover. Microwave on HIGH 10 min. Wrap kitchen towel around one of the squash halves, then squeeze squash. If squash gives slightly, it is cooked through. Cool squash. Use fork to remove strands of squash from each half; set aside.
- Mix pineapple, sugar, gingerroot and nutmeg in medium saucepan. Bring to boil on medium heat, stirring frequently. Cook until sugar is dissolved, stirring frequently.
- Add squash; mix well. Cook an additional 30 min., stirring occasionally. Cool.
- Remove 3/4 cup of the squash mixture for immediate use.
- Place remaining squash mixture in resealable container or jar. Cover and store in refrigerator to serve another time.
- Spread 1 tsp. of the cream cheese onto each cracker; top with 1 tsp. of the squash mixture.

## Nutrition Facts



## Properties

Glycemic Index:3.31, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:0.64739129659922%

## Nutrients (% of daily need)

Calories: 34.07kcal (1.7%), Fat: 1.11g (1.71%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.79g (2.11%), Sugar: 4.74g (5.26%), Cholesterol: 2.08mg (0.69%), Sodium: 20.11mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Manganese: 0.02mg (1.18%), Fiber: 0.27g (1.08%)