



Sweet 'N Hot Cheese Spread

READY IN



10 min.

SERVINGS



10

CALORIES



188 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 Tbsp apricot preserves
- 8 oz philadelphia cream cheese softened
- 0.1 tsp ground pepper red (cayenne)
- 10 servings ritz crackers
- 0.3 cup planters slivered almonds

Equipment

- microwave

Directions

- Spread cream cheese onto bottom of microwaveable 9-inch pie plate.
- Top with jam, pepper and nuts.
- Microwave on HIGH 1 min. or until heated through.
- Serve with the crackers.

Nutrition Facts

PROTEIN 6.6% **FAT 60.34%** **CARBS 33.06%**

Properties

Glycemic Index:6.9, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:4.0769565468249%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.32kcal (9.42%), Fat: 12.88g (19.81%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.14g (5.51%), Sugar: 4.88g (5.42%), Cholesterol: 22.91mg (7.64%), Sodium: 214.77mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin E: 1.46mg (9.73%), Phosphorus: 81.18mg (8.12%), Vitamin K: 8.49µg (8.09%), Manganese: 0.15mg (7.67%), Vitamin B2: 0.13mg (7.46%), Vitamin A: 326.28IU (6.53%), Calcium: 55.14mg (5.51%), Vitamin B1: 0.08mg (5.44%), Iron: 0.87mg (4.84%), Vitamin B3: 0.9mg (4.52%), Selenium: 2.92µg (4.17%), Folate: 14.83µg (3.71%), Magnesium: 12.65mg (3.16%), Fiber: 0.73g (2.92%), Copper: 0.06mg (2.89%), Potassium: 73.84mg (2.11%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.3mg (2%), Vitamin B6: 0.03mg (1.39%)