

Baked Apricot Spread

KraftRecipes.com

Servings: 16

1 package (8 ounce) Philadelphia cream cheese, softened
1 cup cheddar cheese, shredded
1/2 cup sour cream
1/2 cup sliced dried apricots
1/3 cup sliced almonds

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a medium bowl, mix the cream cheese and cheddar until blended. Add the sour cream and apricots. Mix well.

Spread into a nine-inch pie plate. Sprinkle with the nuts.

Bake for 25 to 30 minutes or until the nuts are lightly toasted and the spread is heated through.

Serve with crackers.

Start to Finish Time: 40 minutes

For a spicier spread, add two tablespoons of mango chutney to the cream cheese mixture before spreading into the pie plate.

Per Serving (excluding unknown items): 61 Calories; 5g Fat (77.5% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 61 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 77.5% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 6.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 16.5% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 5g | Folacin (mcg): | 3mcg |
| Saturated Fat (g): | 3g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 11mg | % Daily Value: | 0% |
| | 1g | | |

Food Exchanges

| | | | |
|---------------------------|----------|-----------------------------|-----|
| Carbohydrate (g): | | Grain (Starch): | 0 |
| Dietary Fiber (g): | trace | Lean Meat: | 1/2 |
| Protein (g): | 3g | Vegetable: | 0 |
| Sodium (mg): | 48mg | Fruit: | 0 |
| Potassium (mg): | 40mg | Non-Fat Milk: | 0 |
| Calcium (mg): | 67mg | Fat: | 1 |
| Iron (mg): | trace | Other Carbohydrates: | 0 |
| Zinc (mg): | trace | | |
| Vitamin C (mg): | trace | | |
| Vitamin A (i.u.): | 132IU | | |
| Vitamin A (r.e.): | 39 1/2RE | | |

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 61 **Calories from Fat:** 48

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 5g | 8% |
| Saturated Fat 3g | 13% |
| Cholesterol 11mg | 4% |
| Sodium 48mg | 2% |
| Total Carbohydrates 1g | 0% |
| Dietary Fiber trace | 1% |
| Protein 3g | |
| <hr/> | |
| Vitamin A | 3% |
| Vitamin C | 0% |
| Calcium | 7% |
| Iron | 1% |

* Percent Daily Values are based on a 2000 calorie diet.