

# Apricot-Cream Cheese Spread

Christie Jones - Birmingham, AL  
Southern Living - 1987 Annual Recipes

## Yield: 3 1/2 cups

1 cup dried apricots, chopped  
3/4 cup water  
2 packages (8 ounce ea) cream cheese,  
softened  
3/4 cup orange marmalade  
2 tablespoons milk  
1 cup chopped pecans

In a small saucepan, combine the apricots and water. Bring to a boil. Cover. Reduce the heat and simmer for 10 minutes. Drain well.

Beat the cream cheese at medium speed with an electric mixer until smooth and fluffy.

Stir in the apricots, marmalade, milk and pecans.

Serve on crackers or bread.

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Per Serving (excluding unknown items): 3332 Calories; 244g Fat (62.8% calories from fat); 51g Protein; 275g Carbohydrate; 33g Dietary Fiber; 513mg Cholesterol; 1540mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 5 1/2 Fruit; 0 Non-Fat Milk; 45 1/2 Fat; 10 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	3332	Vitamin B6 (mg):	.6mg
% Calories from Fat:	62.8%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	31.4%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	244g	Folacin (mcg):	209mcg
Saturated Fat (g):	109g	Niacin (mg):	6mg
Monounsaturated Fat (g):	96g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	0
Cholesterol (mg):	513mg	% Refuse:	n n%
Carbohydrate (g):	275g	<b>Food Exchanges</b>	
Dietary Fiber (g):	33g	Grain (Starch):	1 1/2
Protein (g):	51g	Lean Meat:	5 1/2
Sodium (mg):	1540mg	Vegetable:	0

**Potassium (mg):** 2947mg  
**Calcium (mg):** 603mg  
**Iron (mg):** 15mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 17mg  
**Vitamin A (i.u.):** 16337IU  
**Vitamin A (r.e.):** 2974 1/2RE

**Fruit:** 5 1/2  
**Non-Fat Milk:** 0  
**Fat:** 45 1/2  
**Other Carbohydrates:** 10 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3332                      **Calories from Fat:** 2091

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### % Daily Values\*

<b>Total Fat</b> 244g	375%
Saturated Fat 109g	545%
<b>Cholesterol</b> 513mg	171%
<b>Sodium</b> 1540mg	64%
<b>Total Carbohydrates</b> 275g	92%
Dietary Fiber 33g	131%
<b>Protein</b> 51g	
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<b>Vitamin A</b>	327%
<b>Vitamin C</b>	29%
<b>Calcium</b>	60%
<b>Iron</b>	81%

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