

4. Savory Fresh Apricot Bites

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 12
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 4 oz, fat-free cream cheese, softened
- 12 fresh apricots, halved
- 1/4 cup, pistachios, finely chopped

Directions:

Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Nutrition Facts	
Savory Fresh Apricot Bites	
Serving size 1/12 recipe	
Amount Per Serving	
Calories 40	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A	15%
Vitamin C	6%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included