

# Chunky Hawaiian Spread

- 1 package (3 oz) light cream cheese, softened
- ½ cup fat free or light sour cream
- 1 can (8 oz) DOLE® Crushed Pineapple (drained)
- 1/4 cup mango chutney\*
- Low Fat Crackers

\* If there are large pieces of chutney, cut them into smaller pieces.

Beat cream cheese, crushed pineapple and chutney in bowl until blended. Cover and chill 1 hour or overnight, Serve with crackers. Refrigerate any leftover spread in airtight container for up to one week.

*Makes 2 ½ cups (1 tablespoon spread per serving)*

Source: Diabetic Cooking Magazine

**DIETARY EXCHANGES:**

1/2 Fruit

**NUTRIENTS PER SERVING:**

Cal.:28

Total Fat: 1 g

Carb.: 5g

Chol.: 2 mg

Fiber: <1 g

Sat. Fat: <1 g

Protein: 1g

Sodium: 33 mg