



3-Pepper Cheese Spread

READY IN



65 min.

SERVINGS



16

CALORIES



168 kcal

CONDIMENT

DIP

SPREAD

Ingredients

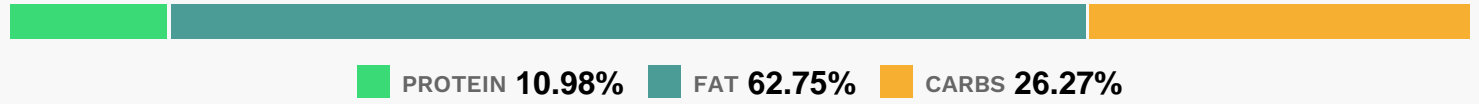
- 8 oz philadelphia cream cheese softened
- 1 tsp pepper red crushed
- 1.5 cups cheddar & monterey jack cheeses shredded kraft
- 1 tsp pepper sauce hot
- 2 Tbsp jalapeño peppers canned drained chopped
- 16 servings ritz crackers

Equipment

Directions

- Mix all ingredients except crackers.
- Refrigerate at least 1 hour before serving.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:4.049130430688%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.46kcal (8.42%), Fat: 11.82g (18.19%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.71g (3.89%), Sugar: 1.93g (2.14%), Cholesterol: 23.74mg (7.91%), Sodium: 259.21mg (11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Calcium: 117.97mg (11.8%), Phosphorus: 106.52mg (10.65%), Vitamin K: 8.79µg (8.37%), Vitamin B2: 0.12mg (6.94%), Vitamin A: 313.68IU (6.27%), Vitamin B1: 0.08mg (5.11%), Vitamin E: 0.76mg (5.07%), Selenium: 3.52µg (5.02%), Manganese: 0.09mg (4.64%), Iron: 0.83mg (4.63%), Vitamin B3: 0.82mg (4.12%), Folate: 14.87µg (3.72%), Zinc: 0.49mg (3.29%), Vitamin B12: 0.12µg (1.99%), Magnesium: 7.49mg (1.87%), Fiber: 0.43g (1.73%), Vitamin B5: 0.16mg (1.65%), Vitamin B6: 0.03mg (1.58%), Potassium: 51.24mg (1.46%), Vitamin C: 1.16mg (1.41%), Copper: 0.03mg (1.39%)