



Antipasto Wreath

READY IN



80 min.

SERVINGS



20

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black chopped
- 16 oz philadelphia cream cheese softened
- 2 Tbsp basil fresh chopped
- 1 Tbsp parsley fresh chopped
- 0.5 cup three cheese blend 100% grated kraft
- 0.8 cup oscar mayer pepperoni chopped
- 20 servings ritz crackers assorted
- 6 Tbsp roasted peppers red divided chopped

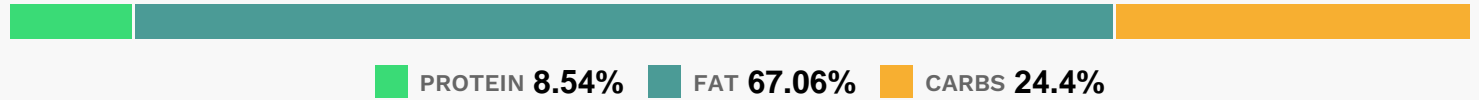
Equipment

plastic wrap

Directions

- Mix first 5 ingredients and 2 Tbsp. peppers until blended. Shape into 16-inch log; wrap in plastic wrap.
- Refrigerate 1 hour or until firm enough to handle.
- Form into wreath shape on large plate; top with parsley and remaining peppers.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:4.2839130422343%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 191.9kcal (9.6%), Fat: 14.45g (22.24%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.33g (4.12%), Sugar: 2.17g (2.41%), Cholesterol: 27.58mg (9.19%), Sodium: 371.76mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 14.48µg (13.79%), Vitamin A: 383.51IU (7.67%), Phosphorus: 76.06mg (7.61%), Manganese: 0.13mg (6.44%), Vitamin B2: 0.11mg (6.33%), Vitamin B1: 0.09mg (5.95%), Vitamin E: 0.87mg (5.79%), Calcium: 57.12mg (5.71%), Selenium: 3.95µg (5.64%), Vitamin B3: 1.05mg (5.25%), Iron: 0.87mg (4.84%), Folate: 15.25µg (3.81%), Vitamin C: 2.43mg (2.94%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.05mg (2.36%), Zinc: 0.33mg (2.2%), Potassium: 70.68mg (2.02%), Fiber: 0.49g (1.97%), Copper: 0.04mg (1.91%), Magnesium: 7.02mg (1.75%), Vitamin B12: 0.1µg (1.75%)