



Artichoke & Red Pepper Topper

READY IN



15 min.

SERVINGS



15

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 8 oz philadelphia cream cheese softened
- 0.3 cup parsley fresh chopped
- 1.5 cups low-moisture part-skim mozzarella cheese shredded kraft
- 0.5 cup parmesan cheese grated kraft
- 7 oz roasted peppers red drained chopped
- 9.5 oz woven wheat crackers

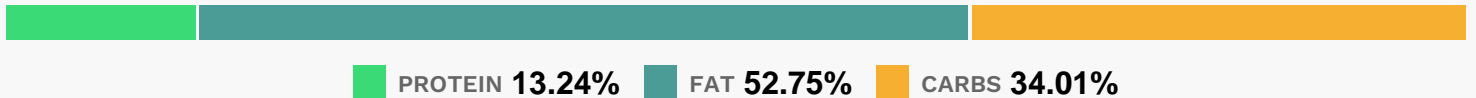
Equipment

- food processor
- baking sheet
- oven

Directions

- Preheat oven to 400F.
- Place cheeses and parsley in food processor container; cover. Process until smooth.
- Add artichokes and red peppers; process briefly just until blended.
- Spread 1 tsp. of the cheese mixture onto each cracker.
- Place on baking sheet.
- Bake 8 to 10 min. or until hot and bubbly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:4.3491303804128%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 184.33kcal (9.22%), Fat: 10.84g (16.67%), Saturated Fat: 5.29g (33.03%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 13.98g (5.08%), Sugar: 3.19g (3.54%), Cholesterol: 25.34mg (8.45%), Sodium: 585.94mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 16.95µg (16.15%), Calcium: 149.29mg (14.93%), Phosphorus: 92.39mg (9.24%), Vitamin C: 7.48mg (9.07%), Vitamin A: 438.8IU (8.78%), Fiber: 1.75g (6.99%), Selenium: 4.12µg (5.89%), Vitamin B2: 0.09mg (5.01%), Zinc: 0.56mg (3.76%), Iron: 0.64mg (3.58%), Vitamin B12: 0.17µg (2.84%), Vitamin B6: 0.04mg (2.17%), Magnesium: 7.06mg (1.76%), Potassium: 60.35mg (1.72%), Folate: 6.21µg (1.55%), Manganese: 0.03mg (1.42%), Copper: 0.03mg (1.28%), Vitamin B5: 0.11mg (1.15%), Vitamin E: 0.17mg (1.13%)