



Baked Pepperoni Pizza Spread

READY IN



40 min.

SERVINGS



40

CALORIES



120 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup pasilla peppers green finely chopped
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 0.5 cup pepperoni finely chopped
- 40 servings ritz crackers

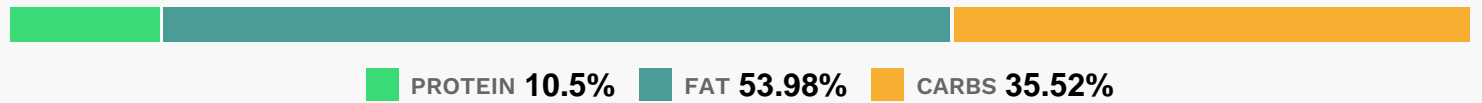
Equipment

- oven

Directions

- Heat oven to 350F.
- Mix cream cheese and mozzarella until well blended; stir in pepperoni and peppers.
- Spread into 9-inch pie plate.
- Bake 25 to 30 min. or until top is puffed and lightly browned.
- Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.1030434648628%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.27kcal (6.01%), Fat: 7.22g (11.11%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 10.31g (3.75%), Sugar: 1.6g (1.78%), Cholesterol: 10.73mg (3.58%), Sodium: 216.37mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 8.36µg (7.96%), Phosphorus: 78.42mg (7.84%), Calcium: 74.84mg (7.48%), Vitamin B1: 0.08mg (5.16%), Manganese: 0.1mg (4.86%), Vitamin B2: 0.08mg (4.5%), Vitamin B3: 0.87mg (4.33%), Vitamin E: 0.63mg (4.22%), Iron: 0.76mg (4.2%), Selenium: 2.45µg (3.5%), Folate: 12.7µg (3.18%), Vitamin A: 106.86IU (2.14%), Zinc: 0.32mg (2.12%), Fiber: 0.38g (1.54%), Magnesium: 5.2mg (1.3%), Vitamin B12: 0.08µg (1.29%), Copper: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.14%), Potassium: 36.79mg (1.05%)