



Basil Cheese Spread

READY IN



45 min.

SERVINGS



72

CALORIES



166 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 72 melba rounds
- ☐ 8 ounce carton process cream cheese product light softened
- ☐ 0.5 cup egg substitute frozen thawed
- ☐ 0.3 cup basil fresh minced
- ☐ 8 ounces goat cheese softened
- ☐ 0.5 teaspoon ground pepper white
- ☐ 72 servings oil-free chunky tomato salsa
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup ricotta cheese light

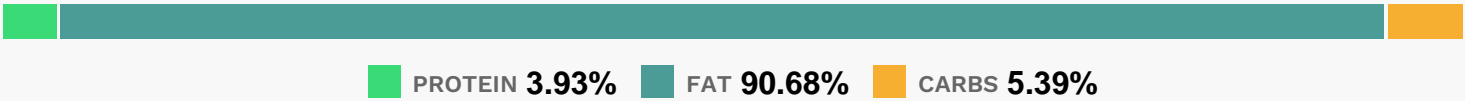
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Coat a 9-inch springform pan with cooking spray; set aside.
- ☐ Combine cheeses; beat at medium-high speed of an electric mixer until smooth.
- ☐ Add egg substitute, basil, and white pepper; beat until well blended.
- ☐ Pour into prepared pan.
- ☐ Bake at 350 for 40 minutes or until a knife inserted in center comes out clean. Cool completely on a wire rack.
- ☐ Invert cheese mixture onto a serving platter, and top with Oil-Free Chunky Tomato Salsa. To serve, spread about 1 tablespoon cheese and salsa mixture on each Melba round.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.2999999729673%

Nutrients (% of daily need)

Calories: 166.18kcal (8.31%), Fat: 16.99g (26.14%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.43g (0.48%), Cholesterol: 6.69mg (2.23%), Sodium: 60.23mg (2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin E: 2.62mg (17.47%), Vitamin K: 12µg (11.43%), Phosphorus: 28.54mg (2.85%), Selenium: 1.81µg (2.58%), Vitamin B2: 0.04mg (2.45%), Calcium: 23.69mg (2.37%), Vitamin A: 101.32IU (2.03%), Copper: 0.03mg (1.45%), Iron: 0.25mg (1.39%), Vitamin B1: 0.02mg (1.25%), Manganese: 0.02mg (1.09%)