



## Caesar Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup classic caesar dressing kraft
- 8 oz philadelphia cream cheese softened
- 0.5 cup croutons
- 1 cup parmesan cheese grated kraft
- 1 cup romaine lettuce chopped

## Equipment

- hand mixer

## Directions

- Beat cream cheese, Parmesan cheese and dressing with electric mixer on medium speed until well blended.
- Spread onto bottom of 9-inch pie plate; top with lettuce and croutons.
- Serve with assorted crackers.

## Nutrition Facts

**PROTEIN 10.02%** **FAT 81.43%** **CARBS 8.55%**

## Properties

Glycemic Index:9.9, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:4.276087027529%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 192.07kcal (9.6%), Fat: 17.51g (26.93%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.25g (1.38%), Cholesterol: 36.19mg (12.06%), Sodium: 399.23mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin K: 17.8µg (16.95%), Vitamin A: 804.45IU (16.09%), Calcium: 118.73mg (11.87%), Phosphorus: 93.03mg (9.3%), Selenium: 6.22µg (8.89%), Vitamin B2: 0.1mg (5.59%), Vitamin E: 0.81mg (5.39%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.19µg (3.14%), Folate: 11.25µg (2.81%), Potassium: 65.21mg (1.86%), Vitamin B5: 0.18mg (1.85%), Magnesium: 6.9mg (1.72%), Iron: 0.3mg (1.69%), Manganese: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.45%), Vitamin B6: 0.03mg (1.38%)