



Cheesy Guacamole Dip

 Vegetarian

READY IN



185 min.

SERVINGS



5

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 1 cup guacamole
- 1 cup cheese shredded mexican style kraft
- 5 servings wheat snack crackers thin

Equipment

Directions

- Mix cream cheese spread, guacamole and shredded cheese until well blended; cover.
- Refrigerate several hours or until chilled.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:7.7613043681435%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 410.94kcal (20.55%), Fat: 28.52g (43.88%), Saturated Fat: 12.18g (76.15%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 23.84g (8.67%), Sugar: 5.95g (6.61%), Cholesterol: 49.4mg (16.47%), Sodium: 576.85mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Calcium: 226.65mg (22.66%), Fiber: 5.33g (21.34%), Vitamin A: 651.53IU (13.03%), Phosphorus: 124.11mg (12.41%), Folate: 43.41µg (10.85%), Vitamin K: 11.06µg (10.53%), Vitamin B2: 0.14mg (8.01%), Vitamin B5: 0.75mg (7.5%), Potassium: 261.54mg (7.47%), Vitamin E: 1.09mg (7.27%), Vitamin B6: 0.14mg (7.11%), Zinc: 0.99mg (6.63%), Iron: 1.13mg (6.29%), Vitamin C: 5mg (6.06%), Selenium: 3.56µg (5.09%), Magnesium: 20.1mg (5.03%), Copper: 0.1mg (5.03%), Vitamin B12: 0.28µg (4.59%), Vitamin B3: 0.9mg (4.48%), Manganese: 0.08mg (3.8%), Vitamin B1: 0.04mg (2.58%)