



Cream Cheese Appetizer

READY IN



2 min.

SERVINGS



16

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 servings snack crackers assorted
- 1 pound cream cheese room temperature
- 1 cup jamaican pepper sauce hot

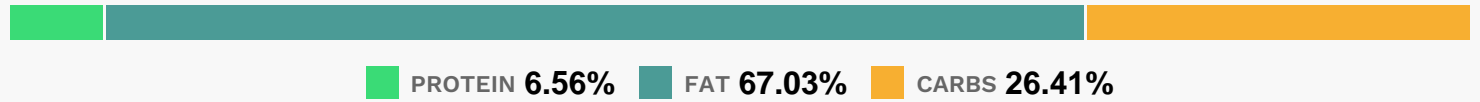
Equipment

Directions

- Place the cream cheese onto the center of a plate, and pour the hot pepper sauce over so that it drips down the sides.

Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:4.240869615389%

Nutrients (% of daily need)

Calories: 179.59kcal (8.98%), Fat: 13.52g (20.8%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.58g (4.21%), Sugar: 2.56g (2.84%), Cholesterol: 28.63mg (9.54%), Sodium: 626.59mg (27.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Vitamin C: 11.22mg (13.6%), Vitamin K: 8.96µg (8.53%), Vitamin A: 405.03IU (8.1%), Phosphorus: 75.66mg (7.57%), Vitamin B2: 0.12mg (7.05%), Vitamin B1: 0.08mg (5.51%), Vitamin E: 0.82mg (5.47%), Calcium: 53.34mg (5.33%), Manganese: 0.1mg (4.84%), Iron: 0.82mg (4.55%), Selenium: 3.17µg (4.53%), Vitamin B3: 0.84mg (4.22%), Folate: 14.97µg (3.74%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.24mg (2.37%), Potassium: 78.06mg (2.23%), Zinc: 0.26mg (1.71%), Fiber: 0.41g (1.65%), Magnesium: 6.34mg (1.59%), Copper: 0.03mg (1.46%), Vitamin B12: 0.06µg (1.04%)