



Creamy Pesto-Cheese Spread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



39 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 9 inch bread baguette french italian cut
- ☐ 8 ounce block cream cheese fat-free
- ☐ 1 tablespoon basil leaves fresh thinly sliced
- ☐ 3 tablespoons mayonnaise light
- ☐ 0.8 cup tomatoes homemade
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 2 tablespoons commercial pesto divided

- ☐ 1.3 ounces provolone cheese shredded
- ☐ 0.5 teaspoon salt

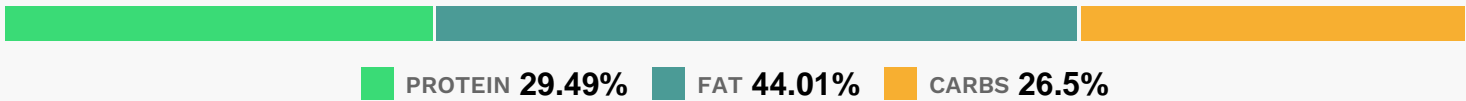
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Combine first 6 ingredients in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Line a 10-ounce custard cup, small bowl, or 1-cup glass measuring cup with plastic wrap.
- ☐ Spread one-third of cheese mixture into bottom of prepared cup. Top with 1 tablespoon pesto, spreading to cover cream cheese mixture. Repeat procedure with one-third cheese mixture and remaining pesto; top with remaining cheese mixture. Tap cup gently against countertop to compact the layers. Cover with plastic wrap, and chill 8 hours or overnight.
- ☐ Uncover and invert spread onto a serving plate; remove plastic wrap.
- ☐ Sprinkle sliced basil over top of spread.
- ☐ Serve with baguette slices and marinara sauce.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:2.0013043598636%

Nutrients (% of daily need)

Calories: 38.91kcal (1.95%), Fat: 1.91g (2.94%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.28g (1.42%), Cholesterol: 3.47mg (1.16%), Sodium: 257.63mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Phosphorus: 81.42mg (8.14%), Calcium: 66.68mg (6.67%), Vitamin B2: 0.05mg (2.96%), Vitamin B12: 0.15µg (2.51%), Vitamin A: 110.8IU (2.22%), Vitamin K: 2.23µg (2.12%), Potassium: 72.39mg (2.07%), Selenium: 1.43µg (2.05%), Zinc: 0.3mg (1.98%), Manganese: 0.04mg (1.97%), Folate:

6.8µg (1.7%), Vitamin B5: 0.16mg (1.61%), Magnesium: 5.66mg (1.42%), Vitamin E: 0.21mg (1.4%), Iron: 0.2mg (1.13%),
Vitamin B6: 0.02mg (1.07%), Vitamin B3: 0.21mg (1.04%), Copper: 0.02mg (1.04%)