



Creamy Sun-dried Tomato-Tapenade Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon basil fresh chopped
- ☐ 8 oz olive bruschetta topping refrigerated drained
- ☐ 0.3 cup extra-moist sun-dried tomato halves chopped

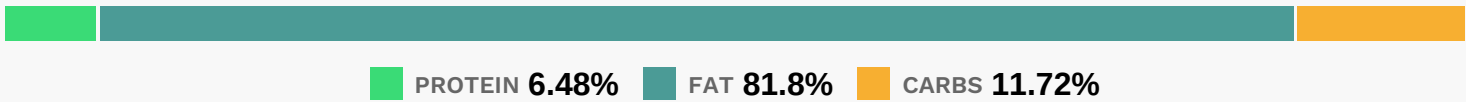
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat together all ingredients with an electric mixer at medium speed until thoroughly combined. Cover and chill until ready to serve. Store in refrigerator in an airtight container up to 1 week.
- ☐ Note: For testing purposes only, we used Gia Russa Olive Bruschetta Topping and California Sun-Dry Sun Dried Tomatoes Halves.
- ☐ Creamy Sun-dried Tomato-Tapenade Crostini: Preheat oven to 35
- ☐ Thinly slice 1 (16-oz.) French bread baguette.
- ☐ Spread about 1 Tbsp. Creamy Sun-dried Tomato-Tapenade
- ☐ Spread on each baguette slice. Arrange on a baking sheet.
- ☐ Bake 10 minutes. Makes 6 appetizer servings; Prep: 10 min.,
- ☐ Bake: 10 min.
- ☐ Canadian Bacon-Tomato-Tapenade Pizza: Preheat oven to 37
- ☐ Spread 1 cup Creamy Sun-dried Tomato-Tapenade
- ☐ Spread over 1 (14-oz.) prebaked Italian pizza crust.
- ☐ Place crust on a baking sheet.
- ☐ Sprinkle with 5 Canadian bacon slices, cut into thin strips (about 1 cup); 1 cup chopped artichoke hearts; 3/4 cup grape tomato halves; and 2 Tbsp. grated Parmesan cheese.
- ☐ Bake 30 minutes or until lightly brown. Makes 4 to 6 servings; Prep: 15 min.,
- ☐ Bake: 30 min.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:2.7482608686323%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 119.41kcal (5.97%), Fat: 11.35g (17.47%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.57g (0.94%), Sugar: 2.01g (2.23%), Cholesterol: 22.91mg (7.64%), Sodium: 427.97mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 428.3IU (8.57%), Vitamin E: 1.06mg (7.07%), Fiber: 1.09g (4.36%), Vitamin B2: 0.07mg (3.96%), Potassium: 134.38mg (3.84%), Calcium: 37.17mg (3.72%), Copper: 0.07mg (3.56%), Phosphorus: 35.08mg (3.51%), Selenium: 2.31µg (3.29%), Manganese: 0.06mg (2.78%), Vitamin K: 2.81µg (2.67%), Magnesium: 10mg (2.5%), Iron: 0.39mg (2.18%), Vitamin B5: 0.19mg (1.92%), Vitamin B1: 0.02mg (1.64%), Vitamin B3: 0.33mg (1.63%), Vitamin B6: 0.03mg (1.46%), Vitamin C: 1.11mg (1.35%), Zinc: 0.18mg (1.19%), Folate: 4.73µg (1.18%)