



Delicious PHILLY Dip

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp olives black sliced
- 1 Tbsp classic catalina dressing kraft
- 0.3 cup philadelphia cream cheese spread
- 5 servings woven wheat crackers

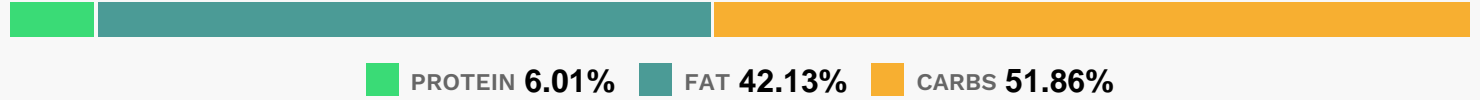
Equipment

Directions

Mix cream cheese spread and dressing until blended; stir in olives.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.85565216223831%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 180.46kcal (9.02%), Fat: 8.47g (13.03%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 21.38g (7.77%), Sugar: 5.15g (5.73%), Cholesterol: 7.04mg (2.35%), Sodium: 369.02mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Fiber: 2.09g (8.36%), Iron: 0.74mg (4.12%), Calcium: 33.88mg (3.39%), Vitamin A: 120.4IU (2.41%)