



Easy Herbed Cream Cheese Spread

READY IN



10 min.

SERVINGS



8

CALORIES



168 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp basil finely chopped
- 8 oz philadelphia cream cheese
- 2 Tbsp oscar mayer deli brown sugar ham fresh chopped (2 slices)
- 1 peel of lemon grated
- 2 Tbsp parmesan cheese shredded kraft
- 0.5 tsp cracked pepper black
- 48 woven wheat crackers

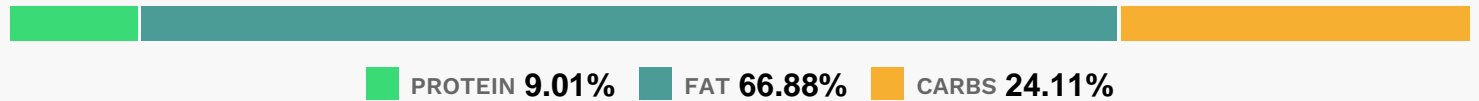
Equipment

microwave

Directions

- Mix basil, lemon peel and pepper in shallow plate until well blended.
- Place cream cheese in basil mixture; turn to evenly coat all sides, pressing basil mixture into cream cheese to secure.
- Cut cream cheese block horizontally in half; place one half on serving dish, basil mixture side down.
- Sprinkle Parmesan cheese onto cut-side of cream cheese. Top with ham and second half of cream cheese, cut-side down with basil mixture on top.
- Serve at room temperature or microwave on HIGH 45 sec. or until warm.
- Serve as a spread with crackers.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:2.7378260603418%

Nutrients (% of daily need)

Calories: 167.65kcal (8.38%), Fat: 12.63g (19.43%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 9.34g (3.4%), Sugar: 2.64g (2.93%), Cholesterol: 31.77mg (10.59%), Sodium: 240.88mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin A: 474.64IU (9.49%), Vitamin K: 7.36µg (7.01%), Calcium: 54.1mg (5.41%), Selenium: 3.57µg (5.11%), Phosphorus: 48.09mg (4.81%), Vitamin B2: 0.08mg (4.68%), Fiber: 0.9g (3.62%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (2.02%), Vitamin B5: 0.19mg (1.92%), Manganese: 0.04mg (1.9%), Zinc: 0.28mg (1.85%), Vitamin E: 0.28mg (1.84%), Vitamin B6: 0.04mg (1.76%), Vitamin B12: 0.1µg (1.68%), Potassium: 56.65mg (1.62%), Vitamin C: 1.25mg (1.52%), Magnesium: 5.14mg (1.28%), Vitamin B3: 0.21mg (1.06%)