



Easy Layered Tomato Dip

 Vegetarian

READY IN



190 min.

SERVINGS



10

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 2 cloves garlic minced
- 3 green onions sliced
- 8 oz philadelphia neufchatel cheese softened
- 2 small tomatoes chopped
- 10 servings wheat snack crackers reduced-fat thin

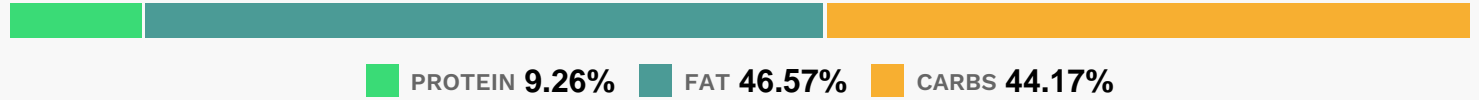
Equipment

- bowl

Directions

- Mix Neufchatel and garlic until well blended.
- Spread onto bottom of shallow serving bowl or 9-inch pie plate; top with tomatoes, onions and cheddar. Refrigerate several hours or until chilled.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:3.1808695631183%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 212.49kcal (10.62%), Fat: 11.13g (17.13%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 21.45g (7.8%), Sugar: 5.24g (5.82%), Cholesterol: 19.61mg (6.54%), Sodium: 322.73mg (14.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Fiber: 2.31g (9.23%), Vitamin K: 9.35µg (8.91%), Vitamin A: 406.59IU (8.13%), Calcium: 70.61mg (7.06%), Phosphorus: 50.85mg (5.09%), Iron: 0.87mg (4.84%), Vitamin C: 3.36mg (4.07%), Vitamin B2: 0.05mg (3.21%), Potassium: 92.12mg (2.63%), Zinc: 0.34mg (2.28%), Selenium: 1.59µg (2.27%), Folate: 8.82µg (2.21%), Manganese: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.77%), Vitamin B5: 0.16mg (1.65%), Vitamin B12: 0.1µg (1.63%), Vitamin E: 0.23mg (1.54%), Magnesium: 5.9mg (1.48%), Copper: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.05%)