



## Festive Favorite Layered Dip

READY IN



10 min.

SERVINGS



10

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese spread
- 0.5 cup knudsen cream sour
- 1 bell pepper green finely chopped
- 2 green onions chopped
- 0.3 cup miracle whip dressing
- 10 servings ritz crackers
- 1 cup taco bell® & chunky salsa thick
- 2 cups mozzarella cheese shredded kraft
- 2 tomatoes chopped

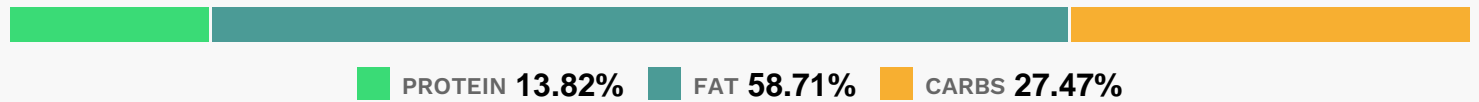
# Equipment

bowl

# Directions

- Mix first 3 ingredients; spread onto bottom of shallow 1-1/2-qt. bowl.
- Top with all remaining ingredients except crackers.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:10.7, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:8.0221738763477%

# Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

# Nutrients (% of daily need)

Calories: 245.41kcal (12.27%), Fat: 16.16g (24.86%), Saturated Fat: 8.2g (51.23%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.5g (5.64%), Sugar: 5.26g (5.85%), Cholesterol: 39.12mg (13.04%), Sodium: 613.13mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Calcium: 189.63mg (18.96%), Vitamin C: 13.99mg (16.95%), Vitamin A: 840.6IU (16.81%), Vitamin K: 17.57µg (16.73%), Phosphorus: 149.53mg (14.95%), Vitamin B12: 0.53µg (8.91%), Manganese: 0.17mg (8.51%), Vitamin B2: 0.14mg (8.43%), Vitamin E: 1.15mg (7.68%), Selenium: 5.22µg (7.45%), Vitamin B1: 0.11mg (7.07%), Vitamin B3: 1.32mg (6.61%), Fiber: 1.52g (6.07%), Zinc: 0.91mg (6.06%), Iron: 1.08mg (6.01%), Potassium: 206.39mg (5.9%), Vitamin B6: 0.12mg (5.81%), Folate: 21.23µg (5.31%), Magnesium: 16.95mg (4.24%), Copper: 0.07mg (3.28%), Vitamin B5: 0.22mg (2.17%)