



Grand Old Flag Cheese Spread

READY IN



15 min.

SERVINGS



15

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp olives black pitted sliced
- 8 oz philadelphia cream cheese softened
- 0.3 cup cheddar jack cheese shredded mexican style kraft finely
- 15 servings ritz crackers
- 0.3 cup taco bellâ® & chunky salsa thick

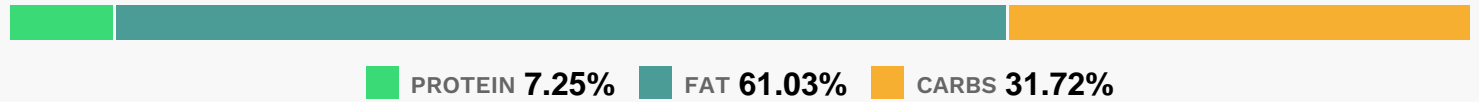
Equipment

- rolling pin
- measuring spoon

Directions

- Place cream cheese between 2 sheets of waxed paper.
- Roll out to 6x4-inch rectangle with rolling pin.
- Remove top sheet of waxed paper; coat top and sides of cream cheese with shredded cheese. Invert onto serving plate.
- Remove waxed paper.
- Arrange 3 rows of olives in top left corner of cream cheese rectangle for the "stars" of the "flag." Make 4 (1/4-inch-deep) rows, using rounded end of 1/4-tsp. measuring spoon for the "flag's stripes," leaving a 1/4-inch-wide space between the rows. Fill rows with salsa.
- Serve immediately or cover and refrigerate until ready to serve.
- Serve as a spread with crackers.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.1817390941407%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 142.13kcal (7.11%), Fat: 9.73g (14.96%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.89g (3.96%), Sugar: 2.05g (2.28%), Cholesterol: 17.15mg (5.72%), Sodium: 245.98mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 8.56µg (8.15%), Phosphorus: 69.91mg (6.99%), Calcium: 54.39mg (5.44%), Vitamin E: 0.8mg (5.31%), Vitamin B2: 0.09mg (5.11%), Vitamin B1: 0.08mg (5.1%), Vitamin A: 246.92IU (4.94%), Manganese: 0.09mg (4.66%), Vitamin B3: 0.85mg (4.23%), Iron: 0.76mg (4.21%), Selenium: 2.62µg (3.74%), Folate: 13.48µg (3.37%), Fiber: 0.48g (1.92%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.16mg (1.62%), Potassium: 52.08mg (1.49%), Magnesium: 5.68mg (1.42%), Vitamin B6: 0.03mg (1.37%), Copper: 0.03mg (1.36%)