



## Ham and Cheese Spread

READY IN



75 min.

SERVINGS



15

CALORIES



150 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 oz philadelphia cream cheese softened
- 3 Tbsp chiles green chopped
- 2 Tbsp green onion finely chopped
- 4.3 oz deviled ham spread canned
- 15 servings ritz crackers
- 1 cup cheddar cheese shredded kraft

### Equipment

- bowl

hand mixer

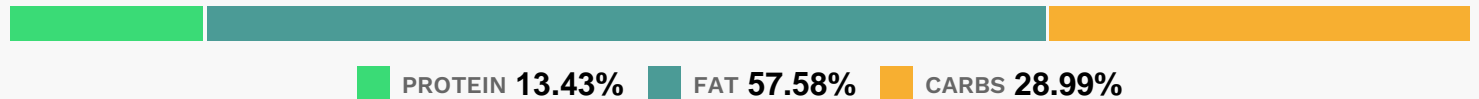
## Directions

Beat all ingredients except crackers in small bowl with electric mixer on medium speed until well blended; cover.

Refrigerate at least 1 hour or until chilled.

Serve as a spread with crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.73, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.2117391591487%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 149.71kcal (7.49%), Fat: 9.58g (14.74%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.42g (3.79%), Sugar: 1.56g (1.73%), Cholesterol: 18.24mg (6.08%), Sodium: 315.57mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Phosphorus: 102.06mg (10.21%), Vitamin K: 9.96µg (9.48%), Calcium: 85.62mg (8.56%), Vitamin B1: 0.12mg (8.21%), Selenium: 5.19µg (7.42%), Vitamin B2: 0.11mg (6.35%), Vitamin B3: 1.17mg (5.86%), Iron: 0.86mg (4.75%), Vitamin E: 0.7mg (4.65%), Manganese: 0.09mg (4.51%), Folate: 15.99µg (4%), Zinc: 0.59mg (3.96%), Vitamin A: 163.39IU (3.27%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.14µg (2.4%), Magnesium: 7.39mg (1.85%), Fiber: 0.44g (1.76%), Potassium: 60.9mg (1.74%), Vitamin B5: 0.16mg (1.62%), Copper: 0.03mg (1.53%), Vitamin C: 1.18mg (1.43%)