



Hot Ham and Cheese Spread

READY IN



10 min.

SERVINGS



10

CALORIES



225 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 0.1 tsp ground pepper red (cayenne)
- 3 slices oscar mayer ham smoked finely chopped
- 10 servings ritz crackers
- 1 cup cheddar cheese shredded kraft

Equipment

- bowl
- microwave

Directions

- Mix all ingredients except crackers in microwaveable bowl.
- Microwave on HIGH 2 to 3 min. or until heated through, stirring after 2 min.
- Serve with crackers.

Nutrition Facts

PROTEIN 12.4% **FAT 66.86%** **CARBS 20.74%**

Properties

Glycemic Index:8.6, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:5.2921739695189%

Nutrients (% of daily need)

Calories: 224.69kcal (11.23%), Fat: 16.77g (25.8%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 11.33g (4.12%), Sugar: 2.19g (2.44%), Cholesterol: 39.41mg (13.14%), Sodium: 385.95mg (16.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Phosphorus: 137.74mg (13.77%), Calcium: 127.15mg (12.72%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.16mg (9.6%), Vitamin B1: 0.13mg (8.65%), Vitamin A: 427.18IU (8.54%), Vitamin K: 8.77µg (8.35%), Vitamin B3: 1.18mg (5.92%), Vitamin E: 0.88mg (5.83%), Zinc: 0.82mg (5.47%), Iron: 0.83mg (4.63%), Manganese: 0.09mg (4.58%), Folate: 16.21µg (4.05%), Vitamin B12: 0.22µg (3.72%), Vitamin B6: 0.06mg (3.13%), Vitamin B5: 0.27mg (2.74%), Magnesium: 9.76mg (2.44%), Potassium: 82.16mg (2.35%), Copper: 0.03mg (1.74%), Fiber: 0.37g (1.5%)