



Hot 'N Cheesy Salsa Spread

READY IN



7 min.

SERVINGS



7

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 7 servings ritz crackers
- 1 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft

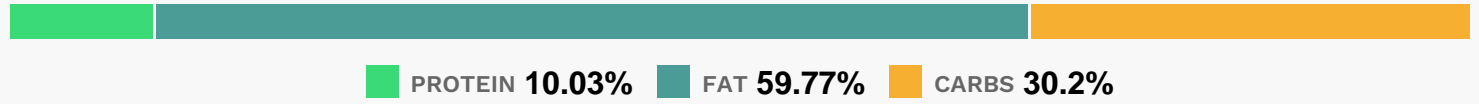
Equipment

- bowl
- microwave

Directions

- Mix all ingredients except crackers in medium bowl.
- Microwave on HIGH 2 min., stirring after each min.
- Serve as a spread with the crackers.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:5.1573912760486%

Nutrients (% of daily need)

Calories: 179.12kcal (8.96%), Fat: 12.1g (18.62%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.72g (4.63%), Sugar: 3.35g (3.73%), Cholesterol: 24.43mg (8.14%), Sodium: 488.43mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Phosphorus: 109.87mg (10.99%), Calcium: 107.82mg (10.78%), Vitamin K: 10.09µg (9.61%), Vitamin A: 476.72IU (9.53%), Vitamin E: 1.21mg (8.08%), Vitamin B2: 0.13mg (7.48%), Selenium: 4.75µg (6.78%), Manganese: 0.13mg (6.55%), Vitamin B3: 1.22mg (6.08%), Vitamin B1: 0.09mg (5.99%), Iron: 0.9mg (5.01%), Vitamin B6: 0.09mg (4.48%), Fiber: 1.04g (4.15%), Potassium: 142.47mg (4.07%), Folate: 16.16µg (4.04%), Zinc: 0.55mg (3.66%), Magnesium: 12.25mg (3.06%), Vitamin B5: 0.26mg (2.6%), Copper: 0.05mg (2.48%), Vitamin B12: 0.12µg (2.02%)