



Hot Swiss and Almond Spread

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds divided toasted sliced
- 8 oz philadelphia cream cheese softened
- 2 Tbsp green onion chopped
- 0.1 tsp ground nutmeg
- 0.3 cup miracle whip dressing
- 0.1 tsp pepper
- 1.5 cups swiss cheese shredded kraft

Equipment

oven

Directions

- Preheat oven to 350F.
- Mix cheeses, dressing, onion, nutmeg, pepper and 1/3 cup of the almonds until well blended.
- Spread into 9-inch pie plate or quiche dish.
- Bake 15 minutes, stirring after 8 minutes.
- Sprinkle with remaining almonds.
- Garnish with chopped red pepper, if desired.
- Serve with assorted crackers.

Nutrition Facts

 **PROTEIN 14.99%**  **FAT 76.36%**  **CARBS 8.65%**

Properties

Glycemic Index:6.6, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.6978260680385%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 59.14kcal (2.96%), Fat: 5.12g (7.88%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.65g (0.73%), Cholesterol: 12.91mg (4.3%), Sodium: 56.14mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Calcium: 60.03mg (6%), Phosphorus: 46.78mg (4.68%), Selenium: 2.34µg (3.34%), Vitamin E: 0.49mg (3.28%), Vitamin A: 152.36IU (3.05%), Vitamin B2: 0.05mg (3.03%), Vitamin B12: 0.18µg (3%), Zinc: 0.32mg (2.16%), Manganese: 0.04mg (1.91%), Magnesium: 6.71mg (1.68%), Fiber: 0.26g (1.04%), Vitamin K: 1.08µg (1.02%), Copper: 0.02mg (1.01%)