



Kickoff Pepper Dip

READY IN



35 min.

SERVINGS



18

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 1 green onion sliced
- 3 jalapeño peppers seeded finely chopped
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 12 ritz crackers crushed
- 4 oz velveeta cut into 1/4-inch cubes
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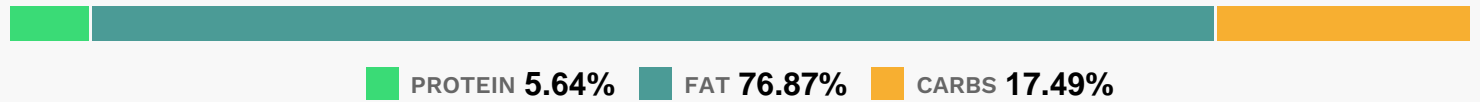
Equipment

- bowl
- oven

Directions

- Heat oven to 350F.
- Beat cream cheese and mayo in medium bowl until blended. Stir in VELVEETA and peppers; spread onto bottom of 9-inch pie plate sprayed with cooking spray. Top with combined cracker crumbs and butter.
- Bake 20 min. or until heated through.
- Top with onions.

Nutrition Facts



Properties

Glycemic Index:6.61, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:2.6247825894667%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 78.58kcal (3.93%), Fat: 6.85g (10.55%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.35g (1.5%), Cholesterol: 15.42mg (5.14%), Sodium: 114.44mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 16.07mg (19.48%), Vitamin K: 7.51µg (7.15%), Vitamin A: 273.32IU (5.47%), Vitamin E: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.66%), Phosphorus: 24.28mg (2.43%), Vitamin B2: 0.04mg (2.39%), Selenium: 1.35µg (1.93%), Manganese: 0.04mg (1.89%), Calcium: 18.33mg (1.83%), Potassium: 57.68mg (1.65%), Vitamin B1: 0.02mg (1.6%), Fiber: 0.4g (1.6%), Folate: 5.26µg (1.31%), Iron: 0.19mg (1.05%), Vitamin B5: 0.1mg (1.04%), Vitamin B3: 0.21mg (1.04%)