



Layered Basil Cheese Spread

READY IN



260 min.

SERVINGS



28

CALORIES



87 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup firmly basil leaves fresh packed
- 28 keebler® town house® original crackers
- 16 ounce whipped cream cheese
- 2 cloves garlic chopped
- 3 tablespoons olive oil
- 0.8 cup parmesan cheese shredded finely
- 0.5 cup firmly parsley leaves fresh packed
- 0.3 cup slivered almonds
- 1 medium tomatoes seeded finely chopped




Equipment




- food processor
- bowl
- plastic wrap

Directions

- Line 3 1/2- to 4-cup bowl or mold with plastic wrap, allowing excess wrap to extend over sides. Set aside.
- In medium bowl gently stir together cream cheese and tomato. Set aside.
- In food processor bowl combine basil, Parmesan cheese, parsley, pine nuts and garlic. Cover and process until very finely chopped. With food processor running, slowly add oil through feed tube. Process until mixture is consistency of soft butter.
- Spread one-third of cream cheese mixture in prepared bowl. Top with one-half of basil mixture. Repeat layers.
- Spread remaining cheese mixture on top. Cover and refrigerate at least 4 hours.
- On serving plate invert bowl.
- Remove plastic wrap.
- Garnish with tomato and fresh basil, if desired.
- Serve with crackers.

Nutrition Facts

 PROTEIN **9.01%**  FAT **70.56%**  CARBS **20.43%**

Properties

Glycemic Index:9.36, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:3.1126086867374%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.31mg,

Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 87.43kcal (4.37%), Fat: 6.99g (10.76%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.73g (1.93%), Cholesterol: 14.13mg (4.71%), Sodium: 71.6mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin K: 24.24µg (23.08%), Vitamin A: 303.98IU (6.08%), Calcium: 59.13mg (5.91%), Phosphorus: 48.32mg (4.83%), Vitamin E: 0.72mg (4.77%), Manganese: 0.06mg (2.95%), Vitamin C: 2.25mg (2.72%), Vitamin B2: 0.04mg (2.42%), Magnesium: 7.76mg (1.94%), Iron: 0.32mg (1.76%), Vitamin B1: 0.03mg (1.7%), Potassium: 56.67mg (1.62%), Folate: 6.13µg (1.53%), Selenium: 1.04µg (1.49%), Zinc: 0.21mg (1.4%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.25mg (1.25%), Copper: 0.02mg (1.21%), Fiber: 0.3g (1.18%), Vitamin B6: 0.02mg (1.03%)