



## Layered Basil-Roasted Red Pepper Spread

READY IN



75 min.

SERVINGS



15

CALORIES



145 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 Tbsp planters almonds toasted sliced
- 0.3 cup lightly basil fresh packed
- 5 olives black pitted chopped
- 12 oz philadelphia cream cheese spread
- 1 clove garlic peeled
- 15 servings ritz crackers
- 0.3 cup roasted peppers red

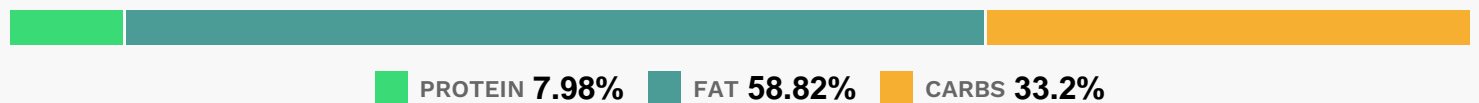
### Equipment

- blender
- plastic wrap
- cookie cutter

## Directions

- Cut star shape from 1 pepper, using 1/2-inch cookie cutter; set aside. Chop pepper trimmings and remaining peppers; mix with olives.
- Blend cream cheese spread, basil and garlic in blender until smooth. Wash cream cheese tub; line with plastic wrap, with ends extending over side of tub.
- Spoon 1/2 cup cream cheese mixture into tub; top with olive mixture and remaining cream cheese mixture. Press firmly into tub with back of spoon.
- Refrigerate 1 hour. Unmold cheese spread onto plate; discard plastic wrap. Top cheese spread with nuts and pepper star.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:7.33, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.0891304534415%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 145.43kcal (7.27%), Fat: 9.51g (14.63%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.46g (4.17%), Sugar: 2.07g (2.3%), Cholesterol: 14.06mg (4.69%), Sodium: 299.16mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin K: 9.68µg (9.22%), Manganese: 0.13mg (6.43%), Vitamin E: 0.95mg (6.36%), Calcium: 58.16mg (5.82%), Phosphorus: 51.14mg (5.11%), Vitamin A: 253.96IU

(5.08%), Vitamin B1: 0.07mg (4.99%), Iron: 0.81mg (4.48%), Vitamin B3: 0.85mg (4.25%), Vitamin B2: 0.06mg (3.47%), Folate: 12.8µg (3.2%), Fiber: 0.62g (2.47%), Copper: 0.04mg (2.02%), Magnesium: 7.35mg (1.84%), Vitamin C: 1.22mg (1.48%), Selenium: 0.84µg (1.2%)