



Layered Italian Dip

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 8 oz philadelphia cream cheese softened
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup roasted peppers red drained chopped
- 1 cup mozzarella cheese shredded kraft

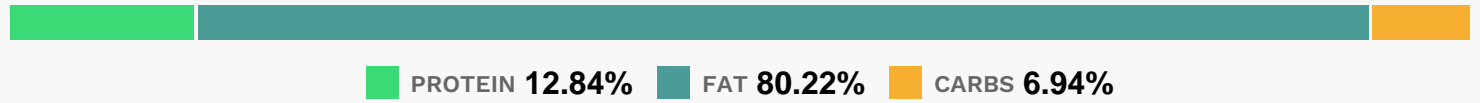
Equipment

- oven

Directions

- Heat oven to 350F.
- Mix cream cheese and Parmesan; spread onto bottom of 9-inch pie plate.
- Layer remaining ingredients over cream cheese mixture.
- Bake 15 min. or until heated through.
- Serve with assorted crackers or Italian bread slices.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:1.2547826222751%

Nutrients (% of daily need)

Calories: 62.7kcal (3.14%), Fat: 5.63g (8.67%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.49g (0.55%), Cholesterol: 13.84mg (4.61%), Sodium: 143.32mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 241.99IU (4.84%), Calcium: 46.74mg (4.67%), Phosphorus: 32.47mg (3.25%), Selenium: 1.9µg (2.71%), Vitamin B12: 0.14µg (2.26%), Vitamin B2: 0.04mg (2.23%), Vitamin C: 1.3mg (1.58%), Zinc: 0.22mg (1.5%)