



Layered Pesto and Red Pepper Dip

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp classico basil pesto sauce and spread traditional
- 1 Tbsp milk
- 0.3 cup roasted peppers red drained chopped
- 15 servings wheat snack crackers thin
- 8 oz philadelphia divided

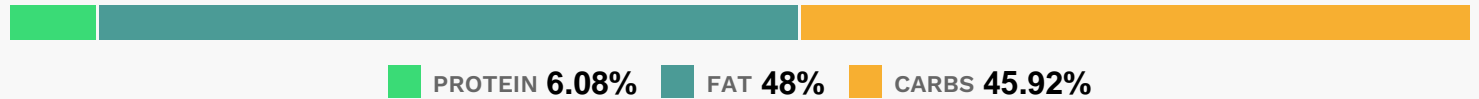
Equipment

- blender

Directions

- Blend peppers and 1/2 of reduced-fat cream cheese in blender until well blended, stopping occasionally to scrape down side of blender.
- Mix remaining reduced-fat cream cheese, pesto and milk; spread onto small serving plate. Top with pepper puree.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.5030434711472%

Nutrients (% of daily need)

Calories: 196.07kcal (9.8%), Fat: 10.57g (16.26%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 20.72g (7.54%), Sugar: 4.59g (5.1%), Cholesterol: 15.47mg (5.16%), Sodium: 316.07mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Fiber: 2.03g (8.11%), Vitamin A: 236.97IU (4.74%), Iron: 0.77mg (4.26%), Calcium: 37.06mg (3.71%), Vitamin B2: 0.04mg (2.17%), Selenium: 1.33µg (1.89%), Phosphorus: 17.65mg (1.77%), Vitamin C: 1.09mg (1.32%)