



Layered Pico de Gallo Dip

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small avocado chopped
- 1 cup four cheese shredded mexican style kraft finely
- 8 oz philadelphia cream cheese softened
- 1.5 cups pico de gallo drained
- 2 radishes sliced

Equipment

- oven

Directions

- Heat oven to 350F.
- Spread cream cheese onto bottom of 9-inch pie plate; top with shredded cheese.
- Bake 10 min. or until dip is heated through and shredded cheese is melted.
- Top with remaining ingredients.

Nutrition Facts

PROTEIN 9.78% **FAT 72.45%** **CARBS 17.77%**

Properties

Glycemic Index:7.88, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:2.7708695725254%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 108.49kcal (5.42%), Fat: 9.12g (14.04%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.64g (2.93%), Cholesterol: 21.38mg (7.13%), Sodium: 241.27mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin A: 379.28IU (7.59%), Calcium: 65.31mg (6.53%), Phosphorus: 54.15mg (5.41%), Vitamin B2: 0.08mg (4.72%), Selenium: 3.27µg (4.67%), Fiber: 0.85g (3.4%), Folate: 13.06µg (3.26%), Vitamin C: 2.54mg (3.08%), Vitamin K: 3.11µg (2.96%), Vitamin E: 0.43mg (2.9%), Vitamin B5: 0.29mg (2.85%), Zinc: 0.41mg (2.75%), Potassium: 86.24mg (2.46%), Vitamin B6: 0.05mg (2.27%), Vitamin B12: 0.11µg (1.77%), Magnesium: 6.88mg (1.72%), Copper: 0.03mg (1.45%), Vitamin B3: 0.24mg (1.18%), Manganese: 0.02mg (1.02%)