



Layered Sun-dried-Tomato-and-Basil Spread

READY IN



25 min.

SERVINGS



20

CALORIES



224 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 slices round buttery crackers
- ☐ 1.5 cups firmly basil fresh packed
- ☐ 0.8 cup butter softened
- ☐ 6 ounce cream cheese divided softened
- ☐ 16 ounce cream cheese softened
- ☐ 4 garlic cloves chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 1 sprigs garnishes: rosemary sun-dried tomatoes fresh
- ☐ 1 teaspoon salt divided
- ☐ 1.3 cups sun-dried tomatoes drained in oil
- ☐ 0.3 cup tomato paste

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan

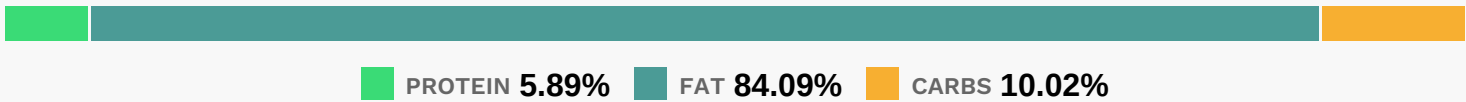
Directions

- ☐ Beat 2 (8-ounce) packages cream cheese, butter, 1/2 teaspoon salt, and pepper at medium speed with an electric mixer until creamy. Set aside.
- ☐ Process dried tomatoes in a food processor until chopped.
- ☐ Add 1 (3-ounce) package cream cheese, tomato paste, and 1/4 teaspoon salt; process until smooth, stopping to scrape down sides. Spoon into a bowl, and set aside. Wipe container of food processor clean.
- ☐ Process garlic and next 4 ingredients in food processor until chopped.
- ☐ Add Parmesan cheese, remaining 3-ounce package cream cheese, and remaining 1/4 teaspoon salt; pulse just until blended, stopping to scrape down sides.
- ☐ Spray a 6-inch springform pan with cooking spray.
- ☐ Spread 1/2 cup butter mixture evenly on bottom of springform pan.
- ☐ Layer with half of tomato mixture, 1/2 cup butter mixture, and half of basil mixture; top with 1/2 cup butter mixture. Repeat layers with remaining tomato mixture, 1/2 cup butter mixture, and

remaining basil mixture. Top with remaining butter mixture. Cover with plastic wrap; chill at least 8 hours.

- ☐ Run a knife gently around edge of pan to loosen sides.
- ☐ Remove sides of pan; carefully remove bottom of pan, and place layered spread on a serving tray.
- ☐ Garnish, if desired.
- ☐ Serve with crackers or baguette slices.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:5.4530434261846%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.35kcal (11.22%), Fat: 21.65g (33.31%), Saturated Fat: 11.3g (70.62%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.04g (1.83%), Sugar: 1.91g (2.13%), Cholesterol: 50.89mg (16.96%), Sodium: 355mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin A: 899.4IU (17.99%), Manganese: 0.24mg (12.15%), Vitamin C: 9.55mg (11.57%), Vitamin K: 11.11µg (10.58%), Vitamin B2: 0.13mg (7.37%), Phosphorus: 70.64mg (7.06%), Vitamin E: 1.04mg (6.94%), Potassium: 227.96mg (6.51%), Selenium: 4.04µg (5.77%), Calcium: 54.92mg (5.49%), Copper: 0.09mg (4.55%), Magnesium: 17.37mg (4.34%), Iron: 0.6mg (3.34%), Vitamin B6: 0.07mg (3.3%), Fiber: 0.76g (3.04%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.45mg (2.99%), Vitamin B1: 0.04mg (2.84%), Vitamin B5: 0.25mg (2.55%), Folate: 9.21µg (2.3%), Vitamin B12: 0.1µg (1.67%)