



Mexican Cheese Wreath

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black pitted finely chopped
- 1 tsp chili powder
- 16 oz philadelphia cream cheese softened
- 0.5 cup parsley fresh finely chopped
- 2 Tbsp pasilla peppers red finely chopped
- 8 oz cheese shredded mexican style kraft

Equipment

- bowl

hand mixer

spatula

Directions

Beat cream cheese and shredded cheese in medium bowl with electric mixer on medium speed until well blended.

Add remaining ingredients; mix well. Cover.

Refrigerate several hours or overnight.

Place drinking glass in center of serving platter. Drop rounded tablespoonfuls of cheese mixture around glass, just touching outer edge of glass, to form ring; smooth with spatula.

Remove glass.

Garnish with additional parsley and red peppers, if desired.

Serve with assorted crackers.

Nutrition Facts

 **PROTEIN 13.01%**  **FAT 81.38%**  **CARBS 5.61%**

Properties

Glycemic Index:3.79, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:3.2730434951575%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.03kcal (5.25%), Fat: 9.65g (14.85%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.89g (0.99%), Cholesterol: 28.07mg (9.36%), Sodium: 163.16mg (7.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin K: 21.33µg (20.31%), Vitamin A: 490.07IU (9.8%), Calcium: 84.22mg (8.42%), Phosphorus: 62.99mg (6.3%), Vitamin B2: 0.08mg (4.51%), Selenium: 3.09µg (4.42%), Vitamin C: 2.66mg (3.22%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.14mg (1.4%), Folate: 5.3µg (1.33%), Magnesium: 5.26mg (1.31%), Potassium: 44.92mg (1.28%), Vitamin B6: 0.02mg (1.15%), Iron: 0.19mg (1.06%)