

Mexican Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp olives black sliced
- 8 oz philadelphia cream cheese
- 1 Tbsp cilantro leaves fresh chopped
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.3 cup cheddar cheese shredded kraft

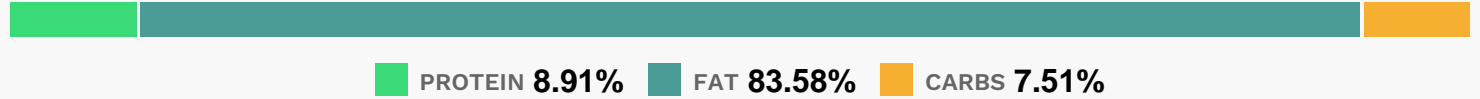
Equipment

- microwave

Directions

- Place unwrapped block of cream cheese on microwaveable plate; top with salsa, cheddar and olives.
- Microwave on HIGH 45 sec. to 1 min. or until cheddar is melted; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:1.4313043284675%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.27kcal (3.96%), Fat: 7.52g (11.56%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.93g (1.04%), Cholesterol: 21.44mg (7.15%), Sodium: 131.09mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin A: 310.9IU (6.22%), Calcium: 37.21mg (3.72%), Selenium: 2.35µg (3.36%), Phosphorus: 32.81mg (3.28%), Vitamin B2: 0.06mg (3.28%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.19mg (1.28%), Potassium: 41.47mg (1.18%), Vitamin B6: 0.02mg (1.11%), Vitamin B12: 0.07µg (1.11%)