



Mexican Pizza Dip

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp olives black sliced
- 1.5 cups four cheese shredded mexican style divided kraft finely
- 8 oz philadelphia cream cheese spread
- 0.3 cup knudsen cream sour
- 1 jalapeño pepper seeded sliced
- 0.5 cup taco bellâ® & chunky salsa thick

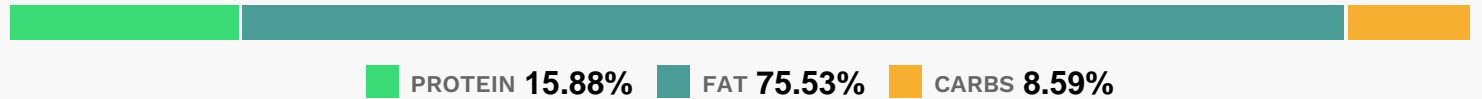
Equipment

- oven

Directions

- Heat oven to 350F.
- Mix cream cheese spread and 1 cup shredded cheese; spread onto bottom of 9-inch pie plate. Top with salsa and remaining shredded cheese.
- Bake 25 min. or until dip is heated through and cheese is melted.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.90086957067251%

Nutrients (% of daily need)

Calories: 40.89kcal (2.04%), Fat: 3.45g (5.3%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.42g (0.46%), Cholesterol: 9.83mg (3.28%), Sodium: 93.75mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Calcium: 45.08mg (4.51%), Vitamin A: 140.1IU (2.8%), Phosphorus: 24.68mg (2.47%), Selenium: 1.47µg (2.1%), Vitamin B2: 0.03mg (1.49%), Zinc: 0.19mg (1.27%)