



Parmesan-Pesto Dip

 Gluten Free

READY IN



185 min.

SERVINGS



14

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 0.3 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 0.3 cup parmesan cheese grated kraft

Equipment

Directions

- Mix all ingredients until well blended; cover.
- Refrigerate several hours or until chilled.
- Serve with assorted cut-up fresh vegetables, crackers or chips.

Nutrition Facts

PROTEIN 8.45% **FAT 84.32%** **CARBS 7.23%**

Properties

Glycemic Index:1.93, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:1.2152173951592%

Nutrients (% of daily need)

Calories: 80.64kcal (4.03%), Fat: 7.66g (11.79%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.82g (0.91%), Cholesterol: 20.51mg (6.84%), Sodium: 103.43mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 301.8IU (6.04%), Calcium: 39.1mg (3.91%), Phosphorus: 31.78mg (3.18%), Selenium: 2.17µg (3.1%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.17mg (1.15%), Vitamin B12: 0.07µg (1.14%), Vitamin B5: 0.11mg (1.12%), Vitamin E: 0.16mg (1.09%)