



Parmesan-Tomato Spread

READY IN



70 min.

SERVINGS



16

CALORIES



159 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 0.5 tsp basil leaves dried
- 3 green onions sliced
- 0.5 cup parmesan cheese grated kraft
- 16 servings ritz crackers
- 1 large tomatoes chopped

Equipment

bowl

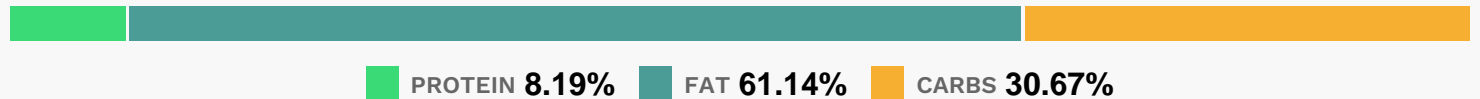
Directions

Mix cheeses and sour cream in medium bowl until well blended. Stir in tomatoes, onions and basil,.

Refrigerate at least 1 hour before serving.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:4.2265217501832%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 158.59kcal (7.93%), Fat: 10.89g (16.75%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.71g (4.26%), Sugar: 2.43g (2.71%), Cholesterol: 21.28mg (7.09%), Sodium: 243.51mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 14.76µg (14.06%), Phosphorus: 87.8mg (8.78%), Calcium: 77.01mg (7.7%), Vitamin A: 379.69IU (7.59%), Vitamin B2: 0.1mg (6.02%), Manganese: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.45%), Vitamin E: 0.8mg (5.35%), Selenium: 3.33µg (4.76%), Iron: 0.85mg (4.74%), Vitamin B3: 0.88mg (4.42%), Folate: 16.7µg (4.17%), Vitamin C: 2.05mg (2.48%), Potassium: 86.8mg (2.48%), Zinc: 0.36mg (2.39%), Fiber: 0.58g (2.32%), Magnesium: 8.14mg (2.04%), Vitamin B5: 0.19mg (1.86%), Copper: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.09µg (1.47%)