



Pepperoncini Spread

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



67 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese spread
- 0.1 tsp garlic powder
- 0.3 cup parmesan cheese grated kraft
- 12 oz pepperoncini peppers stemmed seeded drained chopped
- 1 medium plum tomatoes chopped
- 0.5 cup provolone cheese shredded

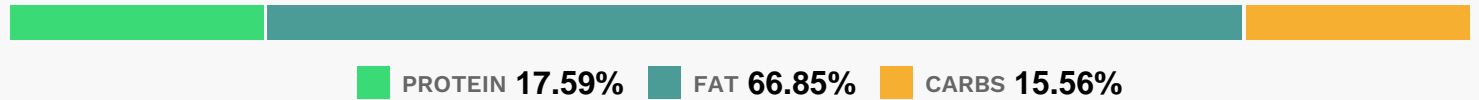
Equipment

- bowl

Directions

- Mix cheeses and garlic powder in medium bowl until well blended.
- Add peppers and tomatoes; mix well. Cover.
- Refrigerate several hours or until chilled.
- Serve as a spread with toasted bread cutouts.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:3.1586956673342%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.91kcal (3.35%), Fat: 5.02g (7.73%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.05g (1.16%), Cholesterol: 13.86mg (4.62%), Sodium: 134.48mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 19.32mg (23.42%), Calcium: 69.75mg (6.97%), Vitamin A: 308.32IU (6.17%), Vitamin B6: 0.09mg (4.46%), Phosphorus: 40.75mg (4.07%), Fiber: 0.82g (3.29%), Vitamin K: 2.61µg (2.48%), Potassium: 77.3mg (2.21%), Folate: 7.75µg (1.94%), Vitamin B2: 0.03mg (1.94%), Zinc: 0.28mg (1.86%), Selenium: 1.3µg (1.85%), Vitamin B3: 0.31mg (1.57%), Magnesium: 6.15mg (1.54%), Manganese: 0.03mg (1.48%), Vitamin B12: 0.09µg (1.45%), Vitamin B1: 0.02mg (1.42%), Vitamin E: 0.2mg (1.32%), Copper: 0.03mg (1.29%)