



## Pepperoni "Pizza-licious" Dip

READY IN



30 min.

SERVINGS



30

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese spread
- 0.3 cup pasilla peppers green chopped
- 0.5 cup italian\* five cheese blend shredded kraft finely
- 0.5 cup oscar mayer pepperoni chopped
- 0.5 cup classico pizza sauce traditional
- 0.3 cup pasilla peppers red chopped
- 30 servings ritz crackers whole wheat with

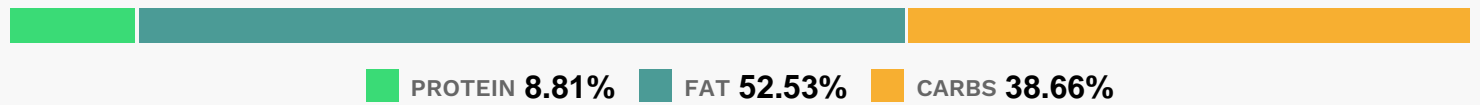
### Equipment

oven

## Directions

- Heat oven to 350F.
- Mix first 2 ingredients until well blended; spread onto bottom of 9-inch pie plate.
- Top with next 4 ingredients.
- Bake 18 to 20 min. or until dip is heated through and shredded cheese is melted.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.879130412703%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 114.69kcal (5.73%), Fat: 6.71g (10.32%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 10.62g (3.86%), Sugar: 1.79g (1.99%), Cholesterol: 6.89mg (2.3%), Sodium: 228.97mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin K: 8.43µg (8.03%), Manganese: 0.11mg (5.29%), Vitamin B1: 0.08mg (5.24%), Phosphorus: 48.52mg (4.85%), Vitamin B3: 0.94mg (4.7%), Vitamin C: 3.74mg (4.53%), Vitamin E: 0.67mg (4.46%), Iron: 0.79mg (4.4%), Calcium: 38.66mg (3.87%), Folate: 12.91µg (3.23%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 147.46IU (2.95%), Fiber: 0.49g (1.97%), Selenium: 1.31µg (1.87%), Vitamin B6: 0.03mg (1.45%), Copper: 0.03mg (1.38%), Potassium: 42.72mg (1.22%), Magnesium: 4.36mg (1.09%), Zinc: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.01%)