

# PHILADELPHIA Creamy Avocado Dip

 Vegetarian

READY IN



10 min.

SERVINGS



18

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

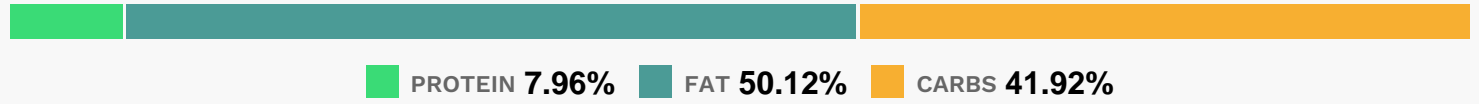
- 1 avocado ripe mashed
- 1 Tbsp cilantro leaves chopped
- 8 oz philadelphia cream cheese softened
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup cheese shredded mexican style kraft
- 18 servings wheat snack crackers thin

## Equipment

## Directions

- Spread cream cheese onto bottom of 9-inch pie plate.
- Top with layers of all remaining ingredients except crackers.
- Serve with the crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.0530434594206%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 224.6kcal (11.23%), Fat: 12.72g (19.57%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.08g (7.67%), Sugar: 4.84g (5.37%), Cholesterol: 18.64mg (6.21%), Sodium: 352.42mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Fiber: 2.86g (11.45%), Calcium: 75.2mg (7.52%), Vitamin A: 262.69IU (5.25%), Phosphorus: 48.86mg (4.89%), Iron: 0.87mg (4.82%), Vitamin B2: 0.07mg (3.86%), Selenium: 2.13µg (3.04%), Vitamin K: 3.14µg (2.99%), Vitamin E: 0.44mg (2.96%), Folate: 11.29µg (2.82%), Potassium: 94.83mg (2.71%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.34mg (2.24%), Magnesium: 7.02mg (1.75%), Vitamin B12: 0.1µg (1.74%), Vitamin C: 1.26mg (1.53%), Copper: 0.03mg (1.49%), Vitamin B3: 0.29mg (1.47%), Manganese: 0.03mg (1.34%)