



## PHILADELPHIA Swirl Loaf

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz betty delights super carrot cake mix quick
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 0.3 cup sugar

### Equipment

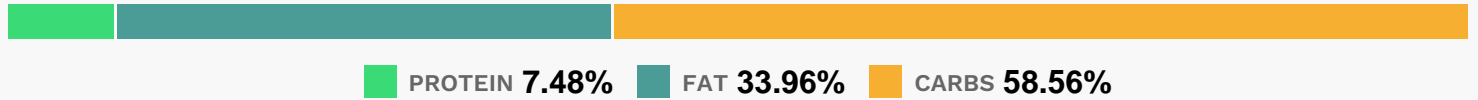
- frying pan
- oven
- knife

- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Heat oven to 350F.
- Beat cream cheese, sugar and egg with mixer until well blended.
- Prepare bread batter as directed on package; pour half into 9x5-inch loaf pan sprayed with cooking spray; cover with cream cheese mixture. Top with remaining batter; swirl gently with knife.
- Bake 55 min. to 1 hour or until toothpick inserted in center comes out clean. Cool 10 min.
- Remove from pan to wire rack; cool completely. Store, tightly wrapped, in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.47, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:2.0734782717798%

## Nutrients (% of daily need)

Calories: 173.93kcal (8.7%), Fat: 6.44g (9.9%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 24.02g (8.73%), Sugar: 15.25g (16.94%), Cholesterol: 26.18mg (8.73%), Sodium: 169.68mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin A: 933.31IU (18.67%), Iron: 0.74mg (4.09%), Fiber: 0.94g (3.78%), Calcium: 34.86mg (3.49%), Selenium: 2.22µg (3.17%), Vitamin B2: 0.05mg (2.87%), Phosphorus: 21.99mg (2.2%), Vitamin C: 1.11mg (1.35%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.16mg (1.07%)