



PHILADELPHIA Tuscan Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black chopped
- 2 Tbsp knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 0.3 cup onions red finely chopped
- 0.5 cup sun-dried tomatoes finely chopped

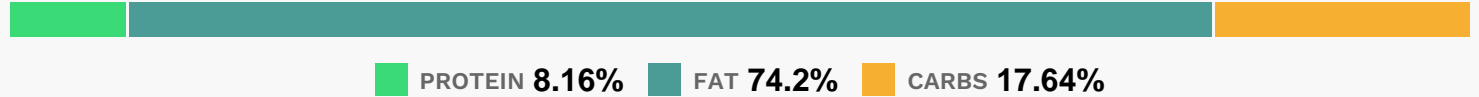
Equipment

- bowl

Directions

- Mix cream cheese and sour cream in medium bowl until well blended.
- Add all remaining ingredients except crackers; mix well.
- Refrigerate 1 hour.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:1.14, Inflammation Score:-3, Nutrition Score:3.246521734673%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 109.71kcal (5.49%), Fat: 9.47g (14.57%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.21g (3.57%), Cholesterol: 24.32mg (8.11%), Sodium: 183.3mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 394.22IU (7.88%), Potassium: 230.26mg (6.58%), Manganese: 0.11mg (5.47%), Vitamin B2: 0.08mg (4.98%), Phosphorus: 47.1mg (4.71%), Copper: 0.09mg (4.61%), Fiber: 0.97g (3.87%), Magnesium: 14.09mg (3.52%), Calcium: 34.9mg (3.49%), Selenium: 2.42µg (3.46%), Iron: 0.57mg (3.16%), Vitamin E: 0.46mg (3.08%), Vitamin C: 2.47mg (3%), Vitamin K: 2.99µg (2.85%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.26mg (2.59%), Vitamin B1: 0.04mg (2.53%), Vitamin B6: 0.04mg (1.94%), Folate: 6.89µg (1.72%), Zinc: 0.24mg (1.6%)