



PHILADELPHIA® Greek-Style Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup olives black pitted chopped
- 8 oz philadelphia cream cheese softened
- 0.3 cup cucumber finely chopped
- 1 tsp olive oil
- 0.5 tsp oregano leaves dried crushed
- 0.5 cup tomatoes chopped

Equipment

Directions

- Spread cream cheese onto serving plate.
- Mix remaining ingredients; spoon over cream cheese.
- Serve with assorted crackers or toasted pita bread wedges.

Nutrition Facts

 **PROTEIN 6.59%**  **FAT 85.6%**  **CARBS 7.81%**

Properties

Glycemic Index:8.5, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:1.6382608595102%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 90.23kcal (4.51%), Fat: 8.79g (13.53%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.12g (1.24%), Cholesterol: 22.91mg (7.64%), Sodium: 124.33mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin A: 383.83IU (7.68%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.45mg (2.97%), Selenium: 1.99µg (2.84%), Phosphorus: 27.02mg (2.7%), Calcium: 26.41mg (2.64%), Vitamin K: 2.18µg (2.08%), Potassium: 54.67mg (1.56%), Vitamin B5: 0.15mg (1.45%), Vitamin C: 1.13mg (1.37%), Vitamin B6: 0.02mg (1.12%), Fiber: 0.26g (1.05%)