



PHILADELPHIA® Hot Pepper Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 Tbsp green onions chopped
- 0.3 cup pepper jelly hot

Equipment

Directions

- Place cream cheese on serving plate.

Top with jelly; sprinkle with onions.

Serve with assorted crackers.

Nutrition Facts

PROTEIN 7.16% **FAT 84.79%** **CARBS 8.05%**

Properties

Glycemic Index:10.4, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:1.7517391274805%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 81.26kcal (4.06%), Fat: 7.82g (12.03%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.08g (1.2%), Cholesterol: 22.91mg (7.64%), Sodium: 71.74mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin A: 352.25IU (7.05%), Vitamin C: 5.61mg (6.81%), Vitamin K: 3.49µg (3.32%), Vitamin B2: 0.06mg (3.31%), Selenium: 1.98µg (2.82%), Phosphorus: 26.32mg (2.63%), Calcium: 23.39mg (2.34%), Vitamin B6: 0.03mg (1.62%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.14mg (1.38%), Potassium: 45.32mg (1.29%)