



PHILLY Cheesy Pizza Dip

READY IN



10 min.

SERVINGS



10

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup classico pizza sauce traditional
- 2 Tbsp pasilla peppers green red chopped
- 10 servings ritz crackers
- 0.5 cup mozzarella cheese shredded kraft

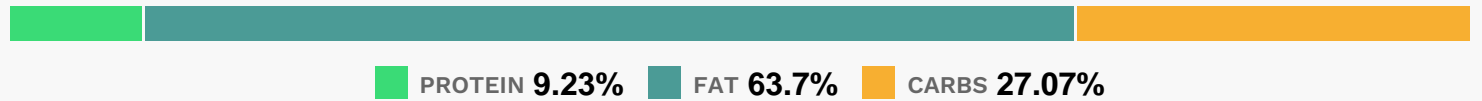
Equipment

microwave

Directions

- Spread cream cheese onto bottom of microwaveable 9-inch pie plate; cover with sauce. Top with layers of all remaining ingredients except crackers.
- Microwave on HIGH 2 min. or until heated through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:4.5704348061396%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 182.9kcal (9.14%), Fat: 13.09g (20.15%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.86g (4.31%), Sugar: 2.7g (3%), Cholesterol: 28.2mg (9.4%), Sodium: 323.11mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Phosphorus: 98.06mg (9.81%), Vitamin K: 10.22µg (9.74%), Calcium: 88.53mg (8.85%), Vitamin A: 414.08IU (8.28%), Vitamin B2: 0.12mg (7.25%), Vitamin E: 0.99mg (6.57%), Selenium: 4.07µg (5.81%), Manganese: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.48%), Iron: 0.96mg (5.33%), Vitamin B3: 0.95mg (4.73%), Folate: 15.73µg (3.93%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.45mg (3.01%), Vitamin C: 2.36mg (2.86%), Potassium: 96.98mg (2.77%), Fiber: 0.66g (2.64%), Vitamin B5: 0.24mg (2.41%), Magnesium: 9.06mg (2.27%), Vitamin B6: 0.04mg (2.16%), Copper: 0.04mg (2.07%)