



PHILLY Tomato-Basil Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

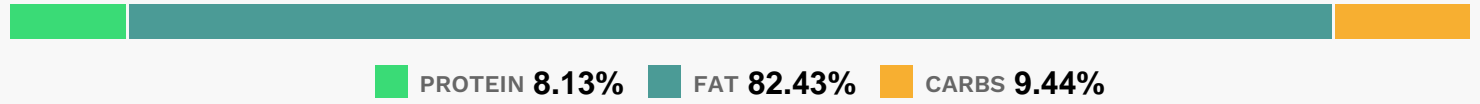
- 8 oz philadelphia cream cheese softened
- 2 Tbsp basil fresh finely chopped
- 1 green onion thinly sliced
- 2 Tbsp parmesan cheese shredded kraft
- 2 plum tomatoes chopped
- 2 Tbsp tuscan house dressing italian kraft

Equipment

Directions

- Spread cream cheese onto bottom of pie plate.
- Combine tomatoes and dressing; spoon over cream cheese.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:1.5834782637008%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 62.17kcal (3.11%), Fat: 5.81g (8.94%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.36g (0.5%), Sugar: 1.02g (1.14%), Cholesterol: 15.72mg (5.24%), Sodium: 78.19mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin K: 7.22µg (6.88%), Vitamin A: 330.12IU (6.6%), Calcium: 25.7mg (2.57%), Phosphorus: 23.85mg (2.38%), Vitamin B2: 0.04mg (2.34%), Selenium: 1.5µg (2.14%), Vitamin C: 1.44mg (1.75%), Vitamin E: 0.23mg (1.53%), Potassium: 46.5mg (1.33%), Manganese: 0.02mg (1.14%)