



Pizza Dip for One

READY IN



5 min.

SERVINGS



1

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp classico pizza sauce traditional
- 5 ritz crackers
- 1 Tbsp milk mozzarella cheese shredded 2% kraft
- 1 Tbsp philadelphia

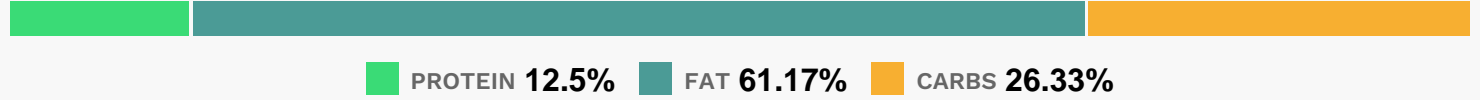
Equipment

- microwave

Directions

- Spread reduced-fat cream cheese into 3-1/2-inch circle on microwaveable plate; top with sauce and mozzarella.
- Microwave on HIGH 15 to 20 sec. or until heated through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:4.6278260583463%

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 11.82g (18.18%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.45g (2.72%), Cholesterol: 26.32mg (8.77%), Sodium: 341.6mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Calcium: 113.9mg (11.39%), Phosphorus: 112.84mg (11.28%), Vitamin K: 8.56µg (8.16%), Vitamin B2: 0.12mg (7.33%), Vitamin A: 359.6IU (7.19%), Selenium: 4.54µg (6.49%), Vitamin B12: 0.37µg (6.15%), Vitamin E: 0.89mg (5.95%), Vitamin B1: 0.08mg (5.18%), Manganese: 0.1mg (5.15%), Iron: 0.9mg (4.97%), Vitamin B3: 0.91mg (4.55%), Zinc: 0.63mg (4.19%), Folate: 14.49µg (3.62%), Potassium: 92.77mg (2.65%), Magnesium: 9.36mg (2.34%), Fiber: 0.57g (2.28%), Vitamin B5: 0.21mg (2.05%), Copper: 0.04mg (2%), Vitamin B6: 0.04mg (1.86%), Vitamin C: 1.05mg (1.27%)