



Quick Pizza Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 Tbsp pasilla peppers green chopped
- 1 cup parmesan cheese divided grated kraft
- 0.5 cup classico pizza sauce traditional
- 2 Tbsp pasilla peppers red chopped
- 0.5 cup mozzarella cheese shredded kraft

Equipment

- oven

blender

Directions

Heat oven to 350F.

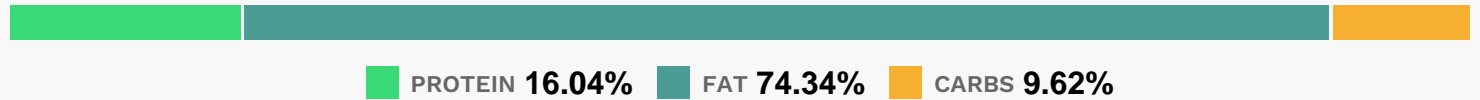
Beat cream cheese and 1/2 cup Parmesan with mixer until well blended.

Spread onto bottom of 9-inch pie plate. Top with pizza sauce, mozzarella, remaining Parmesan and peppers.

Bake 20 min. or until heated through.

Serve with assorted crackers or breadsticks.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.3095652227816%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 47.36kcal (2.37%), Fat: 3.97g (6.1%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.49g (0.55%), Cholesterol: 12.01mg (4%), Sodium: 113.17mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Calcium: 46.9mg (4.69%), Phosphorus: 37.22mg (3.72%), Vitamin A: 182.37IU (3.65%), Selenium: 2.16µg (3.08%), Vitamin B2: 0.04mg (2.21%), Vitamin C: 1.58mg (1.91%), Vitamin B12: 0.1µg (1.74%), Zinc: 0.25mg (1.65%), Vitamin E: 0.16mg (1.04%)