

Ranch Flavored Cream Cheese Appetizer

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp peppercorns black
- 8 oz philadelphia cream cheese
- 3 small sprigs rosemary fresh
- 6 sprigs thyme leaves fresh chopped
- 2 cloves garlic sliced
- 1 peel of lemon cut into thin strips
- 0.5 cup classic ranch dressing kraft

Equipment

Directions

- Cut cream cheese into 36 pieces; place in pie plate.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



PROTEIN 4.95% **FAT 87%** **CARBS 8.05%**

Properties

Glycemic Index:13.4, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:2.747391268611%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.26kcal (6.71%), Fat: 13.19g (20.29%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.45g (1.61%), Cholesterol: 26.03mg (8.68%), Sodium: 179.69mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin K: 17.29µg (16.46%), Vitamin A: 349.19IU (6.98%), Phosphorus: 49.11mg (4.91%), Manganese: 0.09mg (4.34%), Vitamin B2: 0.07mg (3.99%), Selenium: 2.48µg (3.54%), Calcium: 32.58mg (3.26%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.24mg (2.42%), Vitamin C: 1.99mg (2.41%), Potassium: 52.49mg (1.5%), Vitamin B6: 0.03mg (1.46%), Iron: 0.24mg (1.35%), Fiber: 0.31g (1.26%), Magnesium: 4.87mg (1.22%), Vitamin B12: 0.07µg (1.17%), Zinc: 0.16mg (1.07%)