



Salsa Cheese Spread

READY IN



70 min.

SERVINGS



10

CALORIES



197 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup knudsen cream sour
- 10 servings ritz crackers
- 0.5 cup taco bell® & chunky salsa thick
- 2 cups cheddar cheese shredded kraft

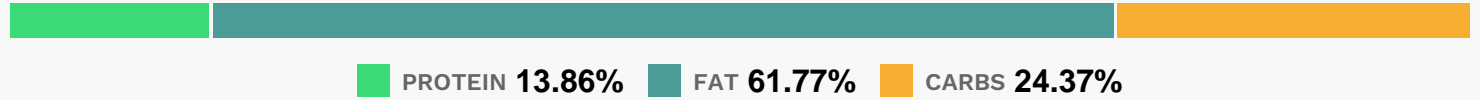
Equipment

- bowl
- hand mixer

Directions

- Beat cheese, sour cream and salsa in medium bowl with electric mixer on medium speed 1 to 2 minutes or until well blended. Cover.
- Refrigerate at least 1 hour before serving.
- Serve as a spread on crackers.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:5.6647825720518%

Nutrients (% of daily need)

Calories: 197.47kcal (9.87%), Fat: 13.65g (21.01%), Saturated Fat: 6.38g (39.85%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.52g (4.19%), Sugar: 2.26g (2.52%), Cholesterol: 29.39mg (9.8%), Sodium: 377.77mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Calcium: 199.68mg (19.97%), Phosphorus: 160.09mg (16.01%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.17mg (9.74%), Vitamin K: 9.26µg (8.82%), Vitamin A: 360.5IU (7.21%), Zinc: 0.99mg (6.61%), Vitamin E: 0.93mg (6.2%), Vitamin B1: 0.08mg (5.61%), Manganese: 0.1mg (5.23%), Vitamin B3: 0.95mg (4.74%), Iron: 0.81mg (4.52%), Vitamin B12: 0.26µg (4.4%), Folate: 17.48µg (4.37%), Magnesium: 12.24mg (3.06%), Vitamin B6: 0.05mg (2.64%), Potassium: 84.36mg (2.41%), Fiber: 0.6g (2.41%), Vitamin B5: 0.22mg (2.17%), Copper: 0.04mg (1.89%)