



Savoring Summer- Guest Post from Nibble Me This



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

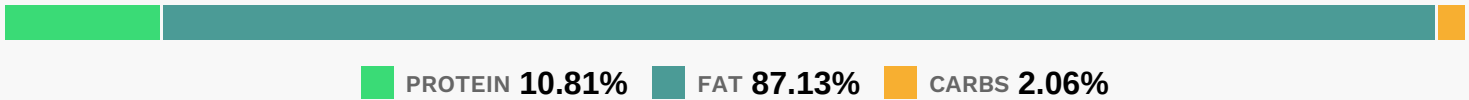
- ☐ 0.3 teaspoon ground chipotle dried
- ☐ 0.5 teaspoon kosher salt as needed
- ☐ 0.8 cup dukes mayonnaise
- ☐ 2 ounce neufchâtel cheese room temperature
- ☐ 0.5 cup roasted peppers diced red
- ☐ 1.3 teaspoon lawry's seasoned salt
- ☐ 8 ounce sharp cheddar cheese white grated

Equipment

Directions

- ☐
- Mix the first five ingredients together and then add in the shredded cheese. Taste and add salt as needed for seasoning. Chill for one hour.
- ☐
- Serve on wheat bread with the crusts cut off.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:6.1126087955807%

Nutrients (% of daily need)

Calories: 278.15kcal (13.91%), Fat: 27g (41.53%), Saturated Fat: 8.81g (55.08%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.44g (0.49%), Cholesterol: 42.41mg (14.14%), Sodium: 971.94mg (42.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Vitamin K: 35.1µg (33.43%), Calcium: 214.51mg (21.45%), Phosphorus: 145.97mg (14.6%), Selenium: 8.76µg (12.51%), Vitamin A: 421.35IU (8.43%), Vitamin B2: 0.14mg (8.42%), Zinc: 1.15mg (7.67%), Vitamin E: 0.95mg (6.36%), Vitamin B12: 0.35µg (5.78%), Vitamin C: 4.07mg (4.93%), Magnesium: 9.64mg (2.41%), Folate: 9.41µg (2.35%), Vitamin B6: 0.04mg (2.05%), Vitamin B5: 0.2mg (1.98%), Potassium: 50.9mg (1.45%), Vitamin D: 0.21µg (1.41%), Copper: 0.03mg (1.38%), Manganese: 0.02mg (1.07%), Iron: 0.18mg (1.02%)