



Savory Three-Cheese Spread

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



157 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 Tbsp green onions sliced
- 0.3 tsp ground pepper red (cayenne)
- 3 slices oscar mayer ham smoked finely chopped
- 0.3 cup parmesan cheese grated kraft
- 1 Tbsp bell peppers red chopped
- 1 cup cheddar cheese shredded kraft

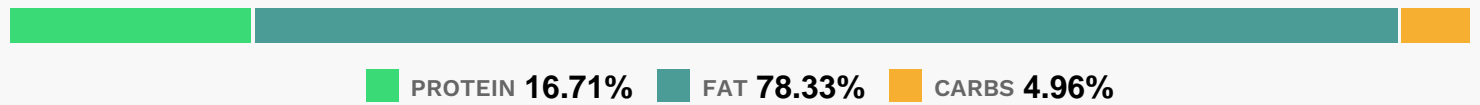
Equipment

microwave

Directions

- Spread cream cheese onto bottom of 2-1/2-cup microwaveable dish.
- Sprinkle with next 3 ingredients.
- Microwave on HIGH 1 min. or until heated through.
- Top spread with remaining ingredients.
- Serve with RITZ Crackers.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:3.8404347689255%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 157kcal (7.85%), Fat: 13.76g (21.18%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.95g (1.05%), Cholesterol: 41.59mg (13.86%), Sodium: 288.72mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Calcium: 125.14mg (12.51%), Selenium: 7.94µg (11.34%), Phosphorus: 110.44mg (11.04%), Vitamin A: 493.26IU (9.87%), Vitamin B2: 0.13mg (7.7%), Zinc: 0.84mg (5.58%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.04%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.26%), Vitamin B3: 0.42mg (2.1%), Potassium: 71.79mg (2.05%), Vitamin K: 2.11µg (2.01%), Magnesium: 7.86mg (1.97%), Vitamin C: 1.34mg (1.62%), Folate: 5.68µg (1.42%)