



## Seven-Point Spread

READY IN



30 min.

SERVINGS



30

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 2 green onions sliced
- 0.3 cup pickled jalapeño nacho drained chopped
- 30 servings ritz crackers
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 lb chicken breasts shredded boneless skinless cooked

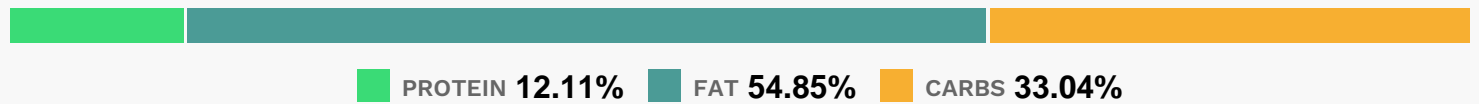
## Equipment

- bowl
- microwave

## Directions

- Spread cream cheese onto bottom of 1-qt. microwaveable bowl; top with layers of peppers, chicken and shredded cheese.
- Microwave on HIGH 2 to 3 min. or until shredded cheese is melted.
- Top with layers of sour cream, salsa and onions.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.87, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.0460869339497%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 8.74g (13.45%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 11.33g (4.12%), Sugar: 1.92g (2.13%), Cholesterol: 18.5mg (6.17%), Sodium: 231.15mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin K: 10.36µg (9.87%), Phosphorus: 91.65mg (9.16%), Vitamin B3: 1.64mg (8.21%), Selenium: 5.1µg (7.28%), Calcium: 65.66mg (6.57%), Vitamin B1: 0.08mg (5.5%), Vitamin B2: 0.09mg (5.48%), Vitamin E: 0.77mg (5.14%), Manganese: 0.1mg (4.77%), Iron: 0.8mg (4.47%), Vitamin B6: 0.08mg (4.22%), Vitamin A: 194.23IU (3.88%), Folate: 14.32µg (3.58%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.36mg (2.37%), Potassium: 79.81mg (2.28%), Magnesium: 8.7mg (2.18%), Fiber: 0.52g (2.07%), Copper: 0.03mg (1.48%), Vitamin B12: 0.08µg (1.33%)