



## Spicy Fire Roasted Cream Cheese Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz cream cheese softened
- 14.5 oz canned tomatoes fire roasted with medium green chiles, drained organic crushed canned
- 1 teaspoon pepper red crushed
- 0.1 teaspoon ground pepper red (cayenne)
- 1 serving savory vegetable raw assorted

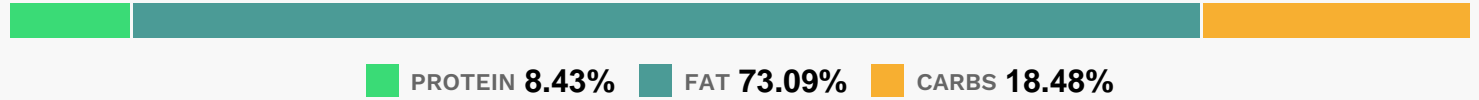
### Equipment

- bowl

## Directions

- In medium bowl, stir together dip ingredients.
- Serve with dippers. Cover and refrigerate any remaining dip.

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:2.0165217544722%

## Nutrients (% of daily need)

Calories: 79.42kcal (3.97%), Fat: 6.57g (10.11%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.52g (1.68%), Cholesterol: 19.09mg (6.36%), Sodium: 118.4mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin A: 834.01IU (16.68%), Calcium: 31.09mg (3.11%), Vitamin B2: 0.05mg (3.04%), Phosphorus: 25.26mg (2.53%), Fiber: 0.63g (2.52%), Selenium: 1.69µg (2.42%), Vitamin C: 1.42mg (1.72%), Iron: 0.31mg (1.71%), Vitamin E: 0.23mg (1.55%), Potassium: 44.69mg (1.28%), Vitamin B5: 0.12mg (1.22%), Manganese: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.09%)