



Spicy Fire Roasted Cream Cheese Dip

READY IN



10 min.

SERVINGS



12

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings round buttery crackers raw assorted
- ☐ 8 oz cream cheese softened
- ☐ 14.5 oz canned tomatoes fire roasted with medium green chiles, drained organic crushed canned
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 teaspoon pepper red crushed

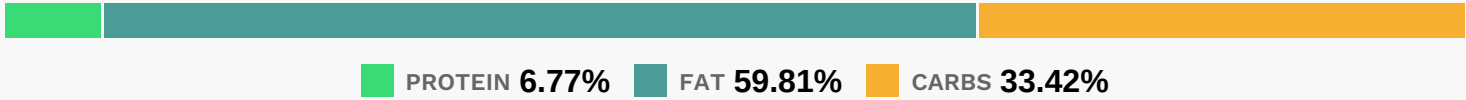
Equipment

- ☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:3.3695652096168%

Nutrients (% of daily need)

Calories: 153.28kcal (7.66%), Fat: 10.24g (15.76%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.18g (4.43%), Sugar: 2.82g (3.13%), Cholesterol: 19.09mg (6.36%), Sodium: 255.96mg (11.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin A: 448.93IU (8.98%), Vitamin K: 8.59µg (8.18%), Phosphorus: 64.46mg (6.45%), Calcium: 53.83mg (5.38%), Iron: 0.95mg (5.29%), Vitamin E: 0.79mg (5.27%), Vitamin B2: 0.09mg (5.15%), Vitamin B1: 0.08mg (5.04%), Manganese: 0.09mg (4.59%), Vitamin B3: 0.82mg (4.1%), Selenium: 2.4µg (3.42%), Folate: 13.29µg (3.32%), Fiber: 0.7g (2.78%), Vitamin B5: 0.17mg (1.68%), Potassium: 47.66mg (1.36%), Zinc: 0.2mg (1.33%), Magnesium: 5.02mg (1.26%), Copper: 0.03mg (1.25%), Vitamin B6: 0.02mg (1.21%)