



Spicy Pepper Cheese - "PãçtÃ© of the South

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

Ingredients

- 3 oz philadelphia cream cheese softened
- 1 clove garlic minced
- 0.3 cup milk
- 1 tsp jalapeño peppers finely chopped
- 4 oz pimentos diced undrained
- 16 oz cheddar cheese shredded kraft finely
- 3 oz velveeta cut into 1/2-inch cubes
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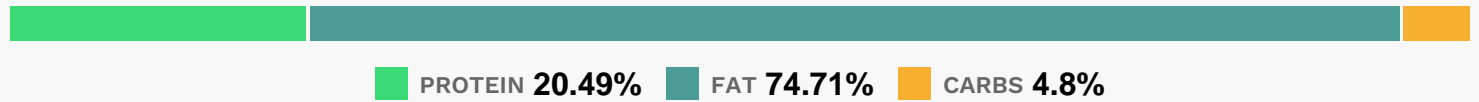
Equipment

- bowl
- blender
- microwave

Directions

- Microwave VELVEETA in large microwaveable bowl on HIGH 45 sec. or until melted, stirring after 30 sec.
- Add remaining ingredients; beat with mixer until blended.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:7.5430433905643%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 222.21kcal (11.11%), Fat: 18.59g (28.6%), Saturated Fat: 10.55g (65.92%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.15g (1.28%), Cholesterol: 54.68mg (18.23%), Sodium: 327.67mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Calcium: 337.83mg (33.78%), Phosphorus: 225.95mg (22.59%), Selenium: 13.75µg (19.64%), Vitamin A: 881.52IU (17.63%), Vitamin C: 12.28mg (14.89%), Vitamin B2: 0.24mg (13.93%), Zinc: 1.76mg (11.75%), Vitamin B12: 0.53µg (8.87%), Vitamin B6: 0.07mg (3.72%), Magnesium: 14.66mg (3.67%), Vitamin E: 0.51mg (3.42%), Folate: 11.14µg (2.79%), Vitamin B5: 0.26mg (2.62%), Vitamin K: 2.48µg (2.37%), Vitamin D: 0.34µg (2.26%), Potassium: 79.25mg (2.26%), Iron: 0.32mg (1.79%), Vitamin B1: 0.02mg (1.45%), Copper: 0.02mg (1.23%), Fiber: 0.28g (1.1%), Manganese: 0.02mg (1.09%)