

Striped Pesto Dip

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 2 tablespoons parmesan cheese grated
- 6 tablespoons pesto
- 0.3 cup cup heavy whipping cream sour
- 0.3 cup walnuts toasted chopped

Equipment

- bowl

Directions

- In a medium bowl, blend cream cheese, sour cream and Parmesan cheese.
- In a small clear glass serving dish, spread 1/3 the cream cheese mixture. Top with 2 tablespoons pesto. Repeat layering, ending with a topping of pesto.
- Sprinkle with walnuts and serve.

Nutrition Facts

PROTEIN 7.08% **FAT 85.6%** **CARBS 7.32%**

Properties

Glycemic Index:5.88, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:2.9739130427656%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 190.91kcal (9.55%), Fat: 18.51g (28.47%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.85g (2.05%), Cholesterol: 36.27mg (12.09%), Sodium: 219.12mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin A: 678.78IU (13.58%), Calcium: 69.92mg (6.99%), Manganese: 0.13mg (6.5%), Phosphorus: 58.19mg (5.82%), Vitamin B2: 0.09mg (5.36%), Selenium: 3.41µg (4.87%), Copper: 0.07mg (3.27%), Magnesium: 9.72mg (2.43%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.31mg (2.08%), Vitamin B6: 0.04mg (2.02%), Potassium: 67.82mg (1.94%), Fiber: 0.43g (1.7%), Folate: 6.78µg (1.7%), Vitamin B12: 0.1µg (1.66%), Vitamin B1: 0.02mg (1.42%), Iron: 0.22mg (1.2%)