



Sun-Dried Tomato Spread

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



27 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp basil fresh chopped
- 1 clove garlic peeled
- 0.5 cup kalamata olives pitted chopped
- 4 oz philadelphia neufchatel cheese cubed softened ()
- 0.5 cup parmesan cheese shredded kraft
- 3 oz sun-dried tomatoes
- 0.5 cup water boiling

Equipment

food processor

bowl

Directions

Pour boiling water over tomatoes in small bowl; let stand 10 min.

Add tomatoes with liquid to food processor. Process 30 sec. or until tomatoes are finely chopped.

Add Neufchatel and garlic; process 30 sec. or until blended. Spoon into medium bowl.

Add olives, Parmesan and basil; mix well.

Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.5373912996248%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 26.92kcal (1.35%), Fat: 1.72g (2.65%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.47g (0.53%), Sugar: 1.21g (1.35%), Cholesterol: 3.93mg (1.31%), Sodium: 77.69mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Potassium: 107.1mg (3.06%), Manganese: 0.06mg (2.98%), Calcium: 29.49mg (2.95%), Vitamin K: 3.09µg (2.94%), Phosphorus: 27.35mg (2.74%), Copper: 0.05mg (2.35%), Vitamin A: 100.59IU (2.01%), Magnesium: 7.19mg (1.8%), Fiber: 0.43g (1.73%), Iron: 0.3mg (1.68%), Vitamin B2: 0.03mg (1.52%), Vitamin C: 1.22mg (1.48%), Vitamin B3: 0.28mg (1.39%), Vitamin B1: 0.02mg (1.15%)