



Tangy Hot Cheese and Caper Spread

READY IN



10 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces peppercorns with peppercorns, softened (goat)
- ☐ 4 ounces parmesan fresh shredded
- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 tablespoons capers drained
- ☐ 1 slices crusty baguette toasted

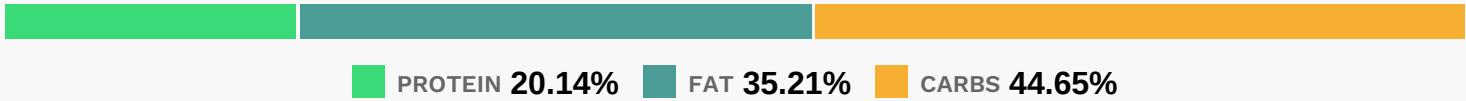
Equipment

- ☐ microwave

Directions

- ☐ Mix all ingredients except baguette slices in shallow 6-inch microwavable quiche or au gratin dish. Microwave uncovered on High 2 minutes, stirring every 30 seconds.
- ☐ Serve cheese spread with baguette slices.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:5.0000000064788%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 2.01g (3.1%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.48g (0.53%), Cholesterol: 3.21mg (1.07%), Sodium: 128.18mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Manganese: 0.91mg (45.7%), Vitamin K: 13.33µg (12.7%), Calcium: 89.43mg (8.94%), Fiber: 1.88g (7.5%), Copper: 0.1mg (5.03%), Phosphorus: 46.09mg (4.61%), Iron: 0.8mg (4.43%), Magnesium: 15.07mg (3.77%), Potassium: 105.79mg (3.02%), Vitamin A: 126.07IU (2.52%), Vitamin C: 2.03mg (2.45%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.04mg (2.06%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.13mg (1.31%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.17mg (1.15%)