



Tomato Topped Cheese and Bean Dip

READY IN



25 min.

SERVINGS



8

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1.5 cups cheese mexicana cheese shredded divided kraft finely
- ☐ 125 grams philadelphia brick cream cheese softened
- ☐ 2 green onions chopped
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 0.5 cup tomatoes chopped
- ☐ 8 servings christie wheat thins crackers

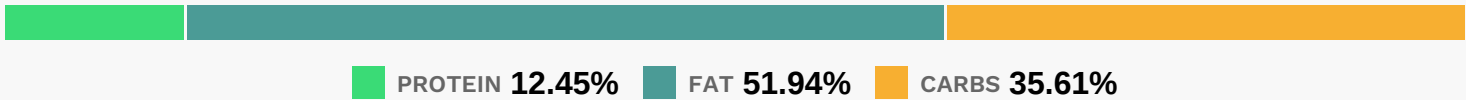
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place chickpeas, 1 cup of the cheese, cream cheese, sour cream and ground red pepper in blender or food processor container; cover.
- ☐ Blend until smooth. Stir in green onions.
- ☐ Spread into 9-inch pie plate.
- ☐ Bake 20 min. or until light golden brown. Top with remaining 1/2 cup cheese and tomato.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:24.54, Glycemic Load:2.99, Inflammation Score:-5, Nutrition Score:9.3391303549642%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 369.94kcal (18.5%), Fat: 21.68g (33.35%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 28.29g (10.29%), Sugar: 5.41g (6.01%), Cholesterol: 45.45mg (15.15%), Sodium: 607.15mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Manganese: 0.57mg (28.64%), Calcium: 224.82mg (22.48%), Fiber: 5.15g (20.61%), Phosphorus: 182.07mg (18.21%), Vitamin B6: 0.36mg (17.93%), Selenium: 9.24µg (13.2%), Vitamin A: 655.29IU (13.11%), Vitamin B2: 0.17mg (9.9%), Iron: 1.69mg (9.38%), Zinc: 1.4mg (9.31%), Vitamin K: 8.05µg (7.66%), Magnesium: 28.46mg (7.12%), Folate: 26.93µg (6.73%), Copper: 0.12mg (6.18%), Potassium: 183.47mg (5.24%), Vitamin B12: 0.29µg (4.82%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.43mg

(2.89%), Vitamin B1: 0.04mg (2.63%), Vitamin C: 2.08mg (2.53%), Vitamin B3: 0.2mg (1.01%)