



Warm Creamy Basil Spread

READY IN



11 min.

SERVINGS



11

CALORIES



248 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 oz philadelphia cream cheese ()
- 12 slices bread french
- 0.3 cup basil leaves fresh
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 tsp parmesan cheese grated kraft
- 1 cup salsa

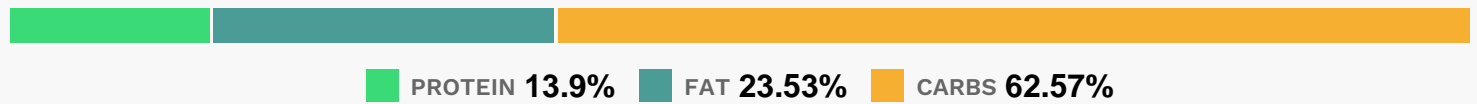
Equipment

- blender

Directions

- Place dressing and basil in blender container; cover. Blend to form a paste.
- Spread about 1/4 tsp. of the dressing mixture onto each bread slice. Broil 4 inches from heat about 1 minute or until lightly toasted. Set aside.
- Pour salsa into small shallow ovenproof dish.
- Place cream cheese in center of salsa; sprinkle with Parmesan cheese. Broil 5 minutes or until golden brown.
- Garnish with additional chopped fresh basil, if desired.
- Arrange toast slices around edge of platter.
- Serve with cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:28.09, Inflammation Score:-5, Nutrition Score:10.203913032118%

Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 6.54g (10.06%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 37.14g (13.51%), Sugar: 5.09g (5.66%), Cholesterol: 10.8mg (3.6%), Sodium: 668.63mg (29.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Vitamin B1: 0.51mg (33.85%), Selenium: 21.33µg (30.48%), Folate: 88.15µg (22.04%), Manganese: 0.4mg (20.1%), Vitamin B2: 0.33mg (19.49%), Vitamin B3: 3.65mg (18.26%), Iron: 2.87mg (15.96%), Phosphorus: 95.85mg (9.59%), Fiber: 1.97g (7.88%), Magnesium: 27.59mg (6.9%), Vitamin K: 6.96µg (6.63%), Vitamin B6: 0.13mg (6.34%), Copper: 0.13mg (6.33%), Calcium: 58.54mg (5.85%), Vitamin A: 286.47IU (5.73%), Zinc: 0.85mg (5.68%), Potassium: 163.2mg (4.66%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.34mg (3.42%)