



Warm Italiano Spread

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



184 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 0.3 cup italian* five cheese blend shredded kraft finely
- 8 oz philadelphia neufchatel cheese
- 1 plum tomatoes chopped
- 20 servings woven wheat crackers

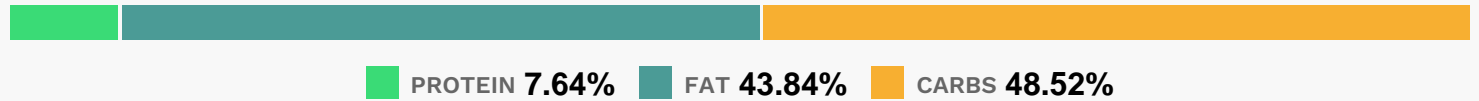
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place unwrapped Neufchatel on 8-inch square sheet of heavy-duty foil; top with next 3 ingredients.
- Place foil on grill grate; cover with lid.
- Grill 8 to 10 min. or until shredded cheese is melted and Neufchatel is softened, but still holding its shape.
- Transfer foil to platter.
- Serve cheese spread with crackers.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.2839130461216%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 184kcal (9.2%), Fat: 9.05g (13.92%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 20.45g (7.44%), Sugar: 4.48g (4.98%), Cholesterol: 8.92mg (2.97%), Sodium: 296.6mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Fiber: 2.07g (8.28%), Iron: 0.77mg (4.26%), Calcium: 39.97mg (4%), Vitamin A: 183.69IU (3.67%), Phosphorus: 16.39mg (1.64%), Vitamin B2: 0.02mg (1.07%)