



Warm PHILLY Mexican Spread

READY IN



20 min.

SERVINGS



12

CALORIES



217 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 8 oz philadelphia cream cheese
- 1 Tbsp cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 plum tomatoes chopped
- 2 tsp tuscan house dressing italian kraft
- 12 servings woven wheat crackers

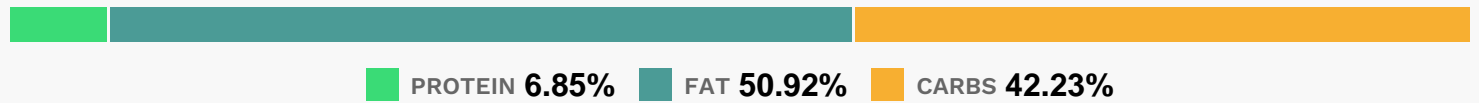
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Combine tomatoes, garlic and dressing.
- Place cream cheese on sheet of heavy-duty foil; top with tomato mixture and shredded cheese.
- Place on grill grate.
- Grill 8 to 10 min. or until shredded cheese is melted and cream cheese is softened but still holds its shape.
- Sprinkle with cilantro.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:2.0530434743218%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 216.92kcal (10.85%), Fat: 12.41g (19.1%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 21.11g (7.68%), Sugar: 4.87g (5.41%), Cholesterol: 21.44mg (7.15%), Sodium: 308.6mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Fiber: 2.05g (8.21%), Vitamin A: 322.96IU (6.46%), Calcium: 54.65mg (5.47%), Iron: 0.77mg (4.28%), Selenium: 2.34µg (3.34%), Phosphorus: 32.74mg (3.27%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.22mg (1.49%), Zinc: 0.19mg (1.29%), Vitamin K: 1.34µg (1.28%), Vitamin B5: 0.12mg (1.24%), Potassium: 40.74mg (1.16%), Vitamin B12: 0.07µg (1.11%)