



Zesty Pepper and Onion Dip

READY IN



65 min.

SERVINGS



8

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese softened
- ☐ 8.8 ounce dickinson's® 'n' pepper & onion relish sweet hot

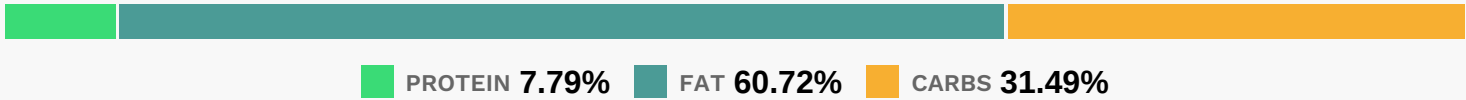
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Beat cream cheese in a medium bowl until smooth. Gradually mix in relish. Spoon into decorative bowl. Chill at least 1 hour.
- ☐ Serve with crackers.
- ☐ For an easier option, unwrap block of cream cheese and place on decorative plate.
- ☐ Pour relish over top.
- ☐ Serve with small serving knife and crackers.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:6.2056521643763%

Nutrients (% of daily need)

Calories: 197.79kcal (9.89%), Fat: 13.63g (20.96%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.29g (5.2%), Sugar: 2.37g (2.63%), Cholesterol: 28.63mg (9.54%), Sodium: 244.71mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin A: 1955.28IU (39.11%), Phosphorus: 92.31mg (9.23%), Manganese: 0.17mg (8.26%), Vitamin K: 8.6µg (8.19%), Vitamin B2: 0.13mg (7.88%), Vitamin B1: 0.12mg (7.67%), Fiber: 1.61g (6.43%), Calcium: 59.89mg (5.99%), Vitamin B3: 1.19mg (5.97%), Iron: 1.04mg (5.78%), Folate: 23.06µg (5.77%), Vitamin E: 0.8mg (5.35%), Selenium: 3.3µg (4.71%), Vitamin C: 3.22mg (3.91%), Potassium: 122.2mg (3.49%), Magnesium: 13.03mg (3.26%), Vitamin B6: 0.06mg (2.76%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.69%), Zinc: 0.38mg (2.53%), Vitamin B12: 0.06µg (1.04%)