



Healthdor

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Sun Dried Tomato Flavored Lite Cream Cheese

This recipe is for a delicious and creamy sun-dried tomato flavored lite cream cheese. It can be used as a spread on bagels, toast, or crackers, or as a dip for vegetables. The cream cheese is made with low-fat ingredients and has a tangy and savory flavor from the sun-dried tomatoes. It is a versatile and healthy option for breakfast, brunch, or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

200 g	low-fat cream cheese
50 g	Sun-Dried Tomatoes
1 tsp	Garlic powder

1 tsp	Dried Basil
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Blending

In a food processor, combine the low-fat cream cheese, sun-dried tomatoes, garlic powder, dried basil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Process until smooth and well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Refrigerating

Transfer the cream cheese mixture to a bowl and refrigerate for at least 1 hour to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 60 mins

Step 4

Serving

Serve the sun-dried tomato flavored lite cream cheese as a spread or dip.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	120 mg	3.53%	4.62%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Valentine's Day

Cuisines

Italian

Mexican

French

Thai

Japanese

Mediterranean

Greek

American

Meal Type

Brunch

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Difficulty Level

Medium

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