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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



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%

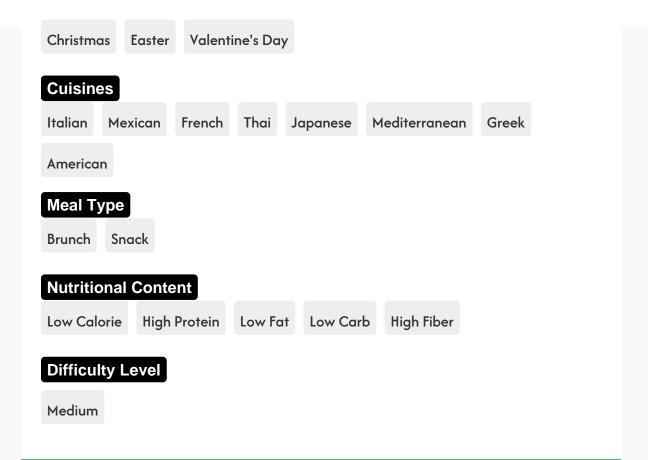
Recipe Attributes

Seasonality

Summer

Fall

Events



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