



3-in-1 Italian Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 clove garlic minced
- 1 cup marinated artichoke hearts canned drained chopped
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup oil-packed sun-dried tomatoes drained chopped
- 1 cup roasted peppers red sliced
- 8 oz mozzarella cheese shredded kraft

Equipment

oven

Directions

Heat oven to 350F.

Mix first 4 ingredients until blended.

Spoon into 9-inch pie plate.

Bake 10 min.; stir. Arrange tomatoes, artichokes and peppers over cheese mixture in three separate sections.

Bake 10 min.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.339565190932%

Nutrients (% of daily need)

Calories: 79.12kcal (3.96%), Fat: 6.82g (10.49%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.13g (1.26%), Cholesterol: 14.65mg (4.88%), Sodium: 178.14mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin C: 4.32mg (5.24%), Vitamin A: 261.22IU (5.22%), Calcium: 51.15mg (5.12%), Vitamin K: 5.18µg (4.93%), Phosphorus: 42.99mg (4.3%), Vitamin B12: 0.19µg (3.2%), Selenium: 2.12µg (3.03%), Vitamin B2: 0.05mg (2.93%), Potassium: 86.32mg (2.47%), Manganese: 0.05mg (2.31%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (1.75%), Iron: 0.3mg (1.67%), Fiber: 0.42g (1.67%), Magnesium: 6.31mg (1.58%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.16mg (1.08%), Vitamin B3: 0.21mg (1.04%), Vitamin B1: 0.02mg (1.02%)