



## Arkansas Sin

READY IN



55 min.

SERVINGS



10

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup round buttery crackers
- 8 ounce cream cheese softened
- 8 ounces finely-chopped ham diced cooked
- 1 jalapeno seeded chopped
- 1 small onion chopped
- 4 cups cheddar cheese shredded
- 1 pound sourdough bread

## Equipment

bowl

oven

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

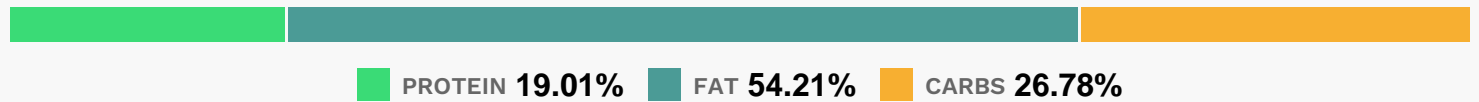
In a medium bowl, mix together the cream cheese, Cheddar cheese, ham, onions and jalapeno peppers.

Cut a circle out of the top of the bread, and remove the center leaving a 1 inch shell of bread. Fill bread with the cheese mixture.

Bake for 35 to 40 minutes in the preheated oven, until the dip is heated through.

Serve with crackers for a wonderful taste experience!

## Nutrition Facts



## Properties

Glycemic Index:19.35, Glycemic Load:18.94, Inflammation Score:-6, Nutrition Score:15.589130380879%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 453.69kcal (22.68%), Fat: 27.4g (42.15%), Saturated Fat: 14.22g (88.85%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.16g (10.6%), Sugar: 3.94g (4.38%), Cholesterol: 84.66mg (28.22%), Sodium: 955.08mg (41.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Selenium: 32.52µg (46.46%), Calcium: 377.53mg (37.75%), Phosphorus: 363.91mg (36.39%), Vitamin B1: 0.49mg (32.73%), Vitamin B2: 0.52mg (30.47%), Zinc: 2.8mg (18.67%), Folate: 74.03µg (18.51%), Vitamin B3: 3.36mg (16.78%), Vitamin A: 772.72IU (15.45%), Manganese: 0.3mg (14.91%), Vitamin B12: 0.85µg (14.15%), Iron: 2.35mg (13.06%), Vitamin C: 7.46mg (9.05%), Magnesium: 35.57mg (8.89%), Vitamin B6: 0.17mg (8.42%), Vitamin B5: 0.7mg (7.01%), Copper: 0.12mg (6.23%), Vitamin E: 0.89mg (5.93%), Potassium: 202.37mg (5.78%), Fiber: 1.29g (5.18%), Vitamin K: 5.17µg (4.92%), Vitamin D: 0.27µg (1.81%)