



Asiago and Sun-Dried Tomato Dip

READY IN



35 min.

SERVINGS



40

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup sun-dried olives in oil (not)
- 1 cup water boiling
- 8 ounces cream cheese softened
- 4 ounces asiago cheese shredded finely
- 0.5 cup spring onion thinly sliced
- 3 ounces mushrooms chopped
- 1.5 cups cream sour
- 156 round buttery crackers assorted

Equipment

- sauce pan
- spatula
- slow cooker

Directions

- Mix tomatoes and water; let stand 10 minutes.
- Drain thoroughly and chop.
- Heat chopped tomatoes and remaining ingredients except crackers in 2-quart saucepan over medium-low heat, stirring frequently, until cream cheese is melted.
- Spray inside of 1 1/2-quart slow cooker with cooking spray.
- Transfer tomato mixture to slow cooker.
- Serve dip with crackers. Dip will hold on Low heat setting up to 2 hours. Scrape down side of cooker with rubber spatula occasionally to help prevent edge of dip from scorching.

Nutrition Facts

 **PROTEIN 9.57%**  **FAT 58.08%**  **CARBS 32.35%**

Properties

Glycemic Index:3.7, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.0578260884985%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 7.11g (10.94%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.47g (3.08%), Sugar: 1.9g (2.11%), Cholesterol: 12.74mg (4.25%), Sodium: 170.67mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Vitamin K: 9.13µg (8.69%), Phosphorus: 69.79mg

(6.98%), Calcium: 67.94mg (6.79%), Vitamin B2: 0.08mg (4.82%), Manganese: 0.09mg (4.26%), Vitamin B1: 0.06mg (4.21%), Vitamin B3: 0.76mg (3.79%), Iron: 0.67mg (3.73%), Vitamin A: 172.5IU (3.45%), Vitamin E: 0.5mg (3.36%), Selenium: 2.24µg (3.2%), Folate: 11.44µg (2.86%), Potassium: 76.45mg (2.18%), Copper: 0.04mg (1.99%), Magnesium: 7.12mg (1.78%), Fiber: 0.44g (1.74%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.24mg (1.61%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.07µg (1.09%)