



Asiago Bread Bowl Dip (AKA The Best Appetizer EVER!)

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 ounce round bread loaf
- ☐ 16 ounce cream cheese softened
- ☐ 1 tablespoon garlic powder
- ☐ 16 ounce cheese blend shredded italian
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion powder

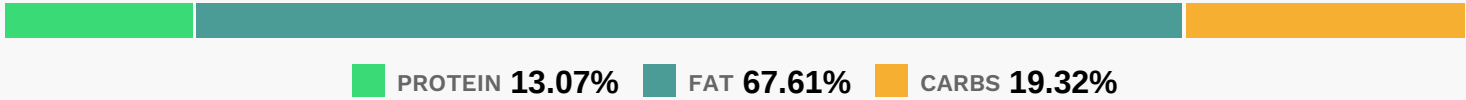
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir cream cheese, Italian cheese blend, mayonnaise, onion powder, and garlic powder together in a bowl; scoop into bread bowl.
- ☐ Bake in preheated oven until heated through, 90 minutes to 2 hours.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:5.74, Inflammation Score:-2, Nutrition Score:4.7765217348933%

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 19.18g (29.5%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 11.41g (4.15%), Sugar: 2.01g (2.23%), Cholesterol: 26.79mg (8.93%), Sodium: 255.5mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.67%), Vitamin K: 16.67µg (15.87%), Manganese: 0.26mg (13.16%), Selenium: 8.08µg (11.55%), Calcium: 84.84mg (8.48%), Vitamin B1: 0.1mg (6.36%), Vitamin B3: 1.21mg (6.05%), Vitamin B2: 0.1mg (5.85%), Vitamin A: 260.31IU (5.21%), Phosphorus: 51.93mg (5.19%), Folate: 20.58µg (5.15%), Iron: 0.84mg (4.64%), Fiber: 0.92g (3.7%), Vitamin E: 0.51mg (3.41%), Vitamin B5: 0.3mg (3.03%), Magnesium: 11.1mg (2.77%), Zinc: 0.35mg (2.34%), Vitamin B6: 0.04mg (2.13%), Copper: 0.04mg (2.01%), Potassium: 63.64mg (1.82%)