



WHATSheATE



Asiago Dip with Crostini

READY IN



45 min.

SERVINGS



32

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 inch diagonally bread baguette french toasted cut (2 baguettes)
- ☐ 8 ounce carton cream sour low-fat
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 cup mayonnaise light
- ☐ 0.3 cup mushrooms sliced
- ☐ 0.3 ounce parmesan cheese grated
- ☐ 1.5 ounces parmesan cheese grated
- ☐ 0.3 cup sun-dried tomato sprinkles

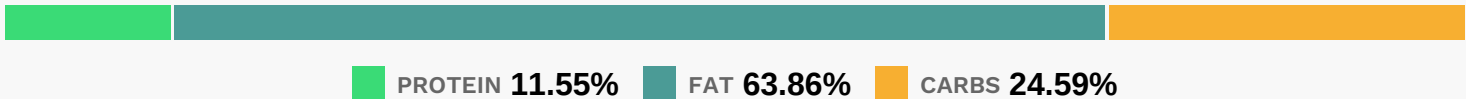
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a bowl; spoon into a 1-quart casserole.
- ☐ Sprinkle with 1 tablespoon cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Serve with toasted bread.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.4026086965333%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 38.74kcal (1.94%), Fat: 2.79g (4.3%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.72g (0.8%), Cholesterol: 4.65mg (1.55%), Sodium: 95.82mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin K: 7.49µg (7.13%), Calcium: 32.45mg (3.24%), Phosphorus: 22.76mg (2.28%), Selenium: 1.24µg (1.78%), Manganese: 0.03mg (1.73%), Potassium: 56.59mg (1.62%), Vitamin B2: 0.03mg (1.49%), Vitamin A: 63.37IU (1.27%), Vitamin E: 0.19mg (1.26%), Copper: 0.02mg (1.04%), Magnesium: 4.1mg (1.02%), Vitamin B1: 0.02mg (1.01%)