



Asiago Sun-Dried Tomato Dip

 Vegetarian

READY IN



50 min.

SERVINGS



32

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons sun-dried olives chopped (not oil-packed)
- 1 cup water
- 3 oz cream cheese softened
- 2 oz asiago cheese shredded finely
- 0.8 cup cream sour
- 0.3 cup spring onion thinly sliced (4 medium)
- 1 slices crusty baguette fresh assorted

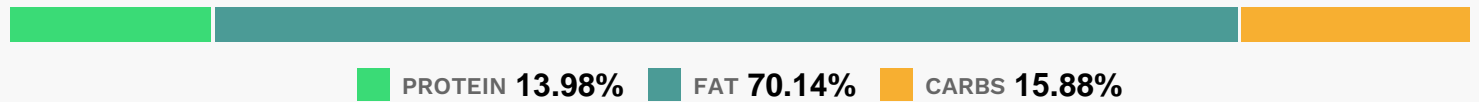
Equipment

- bowl
- pot
- microwave

Directions

- In small bowl, mix tomatoes and water; let stand 30 minutes.
- Drain thoroughly.
- In 3-cup microwavable ceramic fondue pot, mix tomatoes, cheeses, sour cream and onions. Microwave uncovered on Medium 3 minutes, stirring every minute, until cheese is melted.
- Place fondue pot on stand with candle to keep dip warm.
- Serve dip with assorted vegetables or baguette slices.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:0.927391309939%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 30.97kcal (1.55%), Fat: 2.46g (3.79%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.54g (0.6%), Cholesterol: 7.07mg (2.36%), Sodium: 45.58mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Calcium: 31.35mg (3.14%), Phosphorus: 22.15mg (2.21%), Vitamin K: 2.02µg (1.92%), Vitamin A: 95IU (1.9%), Vitamin B2: 0.03mg (1.6%), Selenium: 1.03µg (1.47%)