



Asiago Sun-Dried Tomato Dip



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



32

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

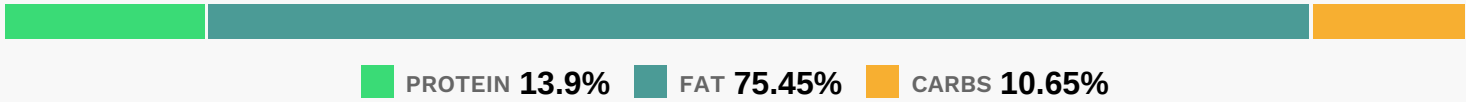
- ☐ bowl

- ☐ 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:3.63, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.82391303372772%

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: 28.38kcal (1.42%), Fat: 2.43g (3.74%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.49g (0.55%), Cholesterol: 7.07mg (2.36%), Sodium: 39.4mg (1.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Calcium: 30.3mg (3.03%), Phosphorus: 21.2mg (2.12%), Vitamin A: 95IU (1.9%), Vitamin K: 1.99µg (1.89%), Vitamin B2: 0.02mg (1.41%), Selenium: 0.86µg (1.22%)