



Baked Pizza Dip

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 tsp penzey's southwest seasoning dried italian
- 1 cup classico pizza sauce traditional
- 8 oz mozzarella cheese shredded divided kraft
- 20 servings wheat snack crackers thin

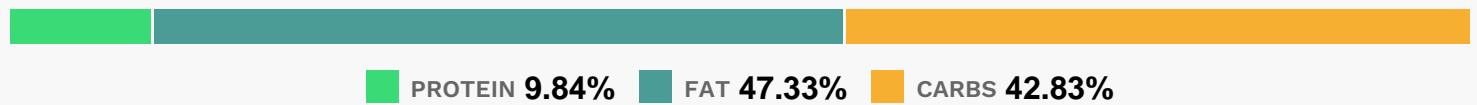
Equipment

- oven
- blender

Directions

- Heat oven to 350F.
- Beat cream cheese and seasoning with mixer until blended.
- Spread onto bottom of 9-inch pie plate; top with 1 cup mozzarella, pizza sauce and remaining mozzarella.
- Bake 15 to 20 min. or until dip is heated through and cheese is melted.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:2.7952173922373%

Nutrients (% of daily need)

Calories: 215.15kcal (10.76%), Fat: 11.44g (17.59%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 21.08g (7.67%), Sugar: 4.92g (5.47%), Cholesterol: 20.41mg (6.8%), Sodium: 391.72mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Calcium: 90.02mg (9%), Fiber: 2.21g (8.82%), Vitamin A: 283.52IU (5.67%), Phosphorus: 55.72mg (5.57%), Iron: 0.94mg (5.21%), Vitamin B12: 0.28µg (4.72%), Selenium: 2.98µg (4.26%), Vitamin B2: 0.07mg (3.92%), Zinc: 0.42mg (2.78%), Vitamin E: 0.31mg (2.08%), Potassium: 61.1mg (1.75%), Magnesium: 5.37mg (1.34%), Vitamin K: 1.4µg (1.33%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.17%), Manganese: 0.02mg (1.11%), Vitamin C: 0.86mg (1.04%)