

Baked Salsa-Sour Cream Cheese Dip

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz round bread loaf italian
- 0.5 cup knudsen cream fat free sour
- 8 oz philadelphia cream cheese fat free softened
- 0.5 cup taco bell® & chunky salsa thick
- 1 cup milk sharp cheddar cheese shredded 2% kraft

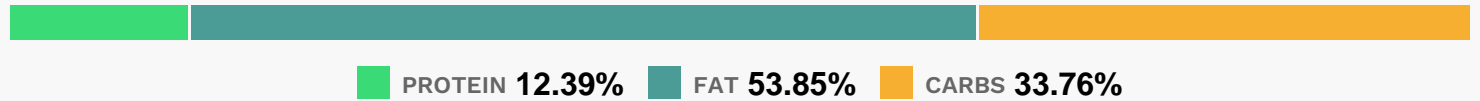
Equipment

- oven
- aluminum foil

Directions

- Heat oven to 350F.
- Cut 1/4-inch-thick slice from top of bread loaf; set aside.
- Remove center of loaf, leaving 3/4-inch-thick shell.
- Cut removed bread into bite-size pieces.
- Mix cream cheese, sour cream and salsa until blended; stir in shredded cheese. Spoon into bread shell; cover with top of loaf. Wrap in foil.
- Bake 1 hour or until dip is heated through.
- Serve with bread cubes.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.8682608973721%

Nutrients (% of daily need)

Calories: 223.53kcal (11.18%), Fat: 13.4g (20.62%), Saturated Fat: 7.35g (45.95%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 17.69g (6.43%), Sugar: 10.56g (11.73%), Cholesterol: 10.04mg (3.35%), Sodium: 335.26mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Phosphorus: 134.82mg (13.48%), Calcium: 118.34mg (11.83%), Vitamin B3: 1.5mg (7.51%), Folate: 27.11µg (6.78%), Vitamin B2: 0.11mg (6.75%), Fiber: 1.21g (4.86%), Selenium: 3.36µg (4.8%), Potassium: 145.7mg (4.16%), Zinc: 0.62mg (4.13%), Vitamin B12: 0.25µg (4.11%), Iron: 0.71mg (3.96%), Vitamin B1: 0.06mg (3.78%), Magnesium: 12.57mg (3.14%), Vitamin A: 144.65IU (2.89%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.17mg (1.1%)