



## Broccoli Cheddar Dip



Vegetarian



Gluten Free

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READY IN

ready

40 min.

SERVINGS

servings

16

CALORIES

calories

96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 1 ounce ranch dressing mix
- ☐ 1 cup cheddar cheese shredded divided
- ☐ 16 ounce cup heavy whipping cream sour

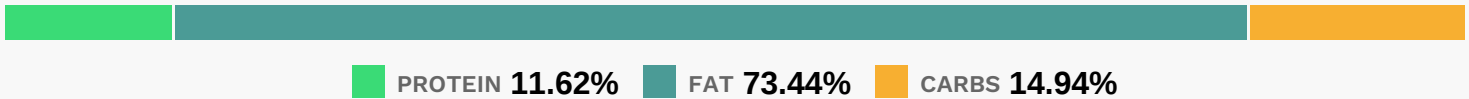
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix sour cream, broccoli, ranch dressing mix, and 3/4 cup Cheddar cheese in a bowl; transfer to an 8x8-inch baking dish.
- ☐ Sprinkle remaining 1/4 cup Cheddar cheese over mixture.
- ☐ Bake in the preheated oven until dip is bubbling and cheese is melted, about 30 minutes.

# Nutrition Facts



# Properties

Glycemic Index:3.69, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:4.288260821415%

# Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

# Nutrients (% of daily need)

Calories: 95.9kcal (4.79%), Fat: 7.97g (12.26%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.29g (1.43%), Cholesterol: 23.79mg (7.93%), Sodium: 193.71mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin C: 16.06mg (19.47%), Vitamin K: 18.67µg (17.78%), Calcium: 86.89mg (8.69%), Vitamin A: 357.77IU (7.16%), Phosphorus: 65.59mg (6.56%), Vitamin B2: 0.1mg (5.85%), Selenium: 3.49µg (4.99%), Folate: 14.35µg (3.59%), Zinc: 0.43mg (2.84%), Potassium: 96.87mg (2.77%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.13µg (2.24%), Magnesium: 8.46mg (2.12%), Manganese: 0.04mg (2.05%), Vitamin E: 0.3mg (1.99%), Fiber: 0.46g (1.84%), Vitamin B1: 0.02mg (1.35%)