



# Cauldron Dip

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon parsley dried
- 0.3 teaspoon garlic salt
- 0.5 teaspoon onion powder
- 1 medium and orange peppers sweet red yellow julienned
- 0.3 teaspoon pepper
- 10 pretzel rods
- 1 slice cocktail rye bread dark soft
- 8 ounces cream sour

1 teaspoon sugar

## Equipment

bowl

baking sheet

oven

rolling pin

## Directions

In a small bowl, combine sour cream, parsley, sugar, onion powder, garlic salt and pepper. Cover and refrigerate.

Flatten bread with a rolling pin. Press over an inverted greased 10-oz. custard cup. Top with another 10-oz. custard cup.

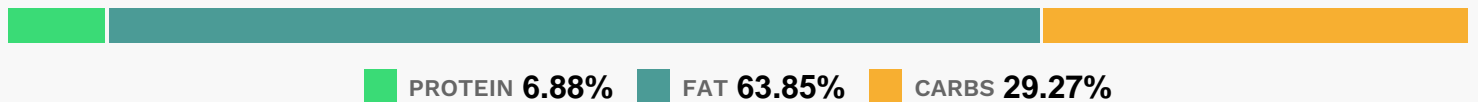
Place on an ungreased baking sheet.

Bake at 350° for 7 minutes. Carefully remove top dish.

Bake 3-5 minutes longer or until bread is lightly toasted. Immediately remove the bread from dish. Cool.

Fill bread bowl with dip. Arrange peppers and pretzels under and around bowl.

## Nutrition Facts



## Properties

Glycemic Index:33.68, Glycemic Load:2.23, Inflammation Score:-5, Nutrition Score:3.9091304436974%

## Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 78.4kcal (3.92%), Fat: 5.73g (8.82%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.22g (1.9%), Sugar: 2.3g (2.55%), Cholesterol: 16.73mg (5.58%), Sodium: 122.91mg (5.34%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 19.68mg (23.85%), Vitamin A: 647.82IU (12.96%), Vitamin B2: 0.08mg (4.95%), Manganese: 0.1mg (4.94%), Vitamin K: 4.74µg (4.52%), Folate: 15.75µg (3.94%), Calcium: 36.59mg (3.66%), Selenium: 2.41µg (3.45%), Phosphorus: 33.6mg (3.36%), Vitamin B6: 0.06mg (3.11%), Fiber: 0.69g (2.75%), Vitamin E: 0.39mg (2.57%), Vitamin B1: 0.04mg (2.5%), Potassium: 85.04mg (2.43%), Vitamin B3: 0.42mg (2.08%), Magnesium: 7.83mg (1.96%), Iron: 0.32mg (1.78%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.21mg (1.39%), Copper: 0.02mg (1.03%)