



Cheesy Hawaiian Dip

READY IN



15 min.

SERVINGS



15

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz pineapple crushed drained canned
- 8 oz oscar mayer ham smoked chopped
- 1 lb round loaf hawaiian bread
- 0.3 cup onions red chopped
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 16 oz velveeta cut into 1/2-inch cubes
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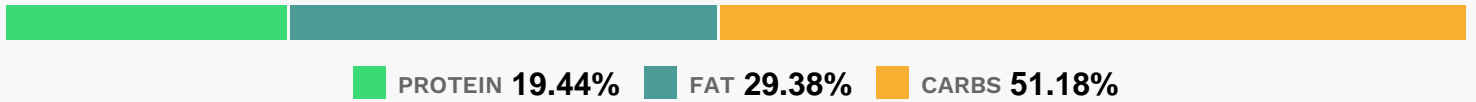
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Heat oven to 350F.
- Cut slice from top of bread loaf; remove center of loaf, leaving 1-inch-thick shell.
- Cut removed bread into bite-size pieces; cover and set aside for later use.
- Place bread shell on baking sheet.
- Bake 8 to 10 min. or until lightly toasted. Cool slightly.
- Mix VELVEETA, tomatoes and onions in large microwaveable bowl. Microwave on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Stir in ham and pineapple.
- Pour into bread shell.
- Serve with reserved bread pieces and assorted fresh vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.2291304365448%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 158.59kcal (7.93%), Fat: 5.28g (8.13%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 19.14g (6.96%), Sugar: 9.28g (10.31%), Cholesterol: 25.7mg (8.57%), Sodium: 267.19mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Iron: 2.35mg (13.05%), Vitamin B1: 0.11mg (7.66%), Fiber: 1.57g (6.29%), Vitamin C: 4.27mg (5.18%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.09mg (4.41%),

Vitamin B3: 0.83mg (4.17%), Phosphorus: 38.98mg (3.9%), Vitamin A: 165.07IU (3.3%), Potassium: 111.97mg (3.2%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.42%), Copper: 0.04mg (2.06%), Magnesium: 7.58mg (1.89%), Vitamin B12: 0.1µg (1.61%), Vitamin K: 1.61µg (1.54%), Manganese: 0.03mg (1.41%), Folate: 4.72µg (1.18%), Vitamin E: 0.16mg (1.07%)