



Cheesy Zucchini Dip

☒ Vegetarian ☒ Gluten Free

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

532 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1.5 cups mayonnaise
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup bell pepper red finely sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3 cups zucchini shredded

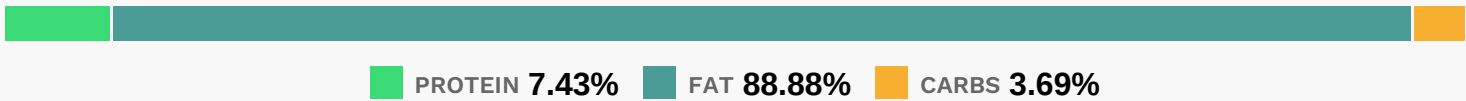
Equipment

☐ bowl

Directions

☐ In a medium bowl, mix together zucchini, Cheddar cheese, mozzarella cheese, mayonnaise, sour cream, pecans, red bell pepper, salt and pepper. Chill in the refrigerator at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:13.546521508175%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 532.36kcal (26.62%), Fat: 53.43g (82.2%), Saturated Fat: 12.56g (78.51%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.52g (2.81%), Cholesterol: 53.82mg (17.94%), Sodium: 680.64mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.11%), Vitamin K: 72.06µg (68.63%), Manganese: 0.71mg (35.46%), Calcium: 251.34mg (25.13%), Phosphorus: 216.81mg (21.68%), Vitamin C: 14.5mg (17.57%), Selenium: 10.64µg (15.19%), Zinc: 2.04mg (13.59%), Vitamin B2: 0.22mg (13.13%), Vitamin E: 1.95mg (12.97%), Vitamin A: 633.11IU (12.66%), Copper: 0.21mg (10.41%), Magnesium: 35.12mg (8.78%), Vitamin B1: 0.13mg (8.57%), Vitamin B12: 0.47µg (7.86%), Fiber: 1.87g (7.48%), Vitamin B6: 0.15mg (7.27%), Potassium: 229.78mg (6.57%), Folate: 25.09µg (6.27%), Vitamin B5: 0.45mg (4.47%), Iron: 0.7mg (3.87%), Vitamin B3: 0.44mg (2.2%), Vitamin D: 0.27µg (1.81%)