



Creamy Brussels Sprouts Party Dip

READY IN



40 min.

SERVINGS



16

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 oz brussels sprouts frozen
- 0.5 cup cream sour reduced-fat
- 6 tablespoons parmesan fresh shredded
- 0.3 cup skim milk fat-free (skim)
- 1 tablespoon dijon mustard stone-ground
- 2 teaspoons juice of lemon fresh
- 0.3 cup bell pepper red finely chopped
- 1 serving bread
- 1 serving savory vegetable raw assorted

Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 1 1/2-quart shallow glass baking dish or 9-inch deep-dish glass pie plate with cooking spray.
- Cook Brussels sprouts as directed on box.
- Pour into medium bowl; set aside.
- In large bowl, beat cream cheese until smooth. Beat in sour cream, 1/4 cup of the Parmesan cheese, the milk, mustard and lemon juice until well blended. Stir in bell pepper. Chop Brussels sprouts; stir Brussels sprouts & butter sauce into cream cheese mixture until well mixed.
- Spread evenly in baking dish.
- Sprinkle with remaining 2 tablespoons Parmesan cheese.
- Bake uncovered 20 to 25 minutes or until thoroughly heated.
- Serve with chips and raw vegetables.

Nutrition Facts



PROTEIN 23.15% **FAT 28.48%** **CARBS 48.37%**

Properties

Glycemic Index:16.93, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:8.2378261478051%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 43.06kcal (2.15%), Fat: 1.49g (2.29%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1.21g (1.34%), Cholesterol: 3.91mg (1.3%), Sodium: 67.39mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 63.06µg (60.05%), Vitamin C: 34mg (41.22%), Vitamin A: 675.68IU (13.51%), Manganese: 0.18mg (8.89%), Fiber: 1.77g (7.08%), Folate: 26.26µg (6.57%), Calcium: 57.34mg (5.73%), Phosphorus: 55.4mg (5.54%), Potassium: 184.6mg (5.27%), Vitamin B6: 0.1mg (5%), Vitamin B1: 0.07mg (4.8%), Vitamin B2: 0.06mg (3.66%), Iron: 0.64mg (3.56%), Magnesium: 13.63mg (3.41%), Selenium: 2.08µg (2.98%), Vitamin E: 0.39mg (2.59%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.32mg (2.15%), Copper: 0.04mg (1.85%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.07µg (1.25%)