



Creamy Sourdough Snack

READY IN



20 min.

SERVINGS



3

CALORIES



1236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cream sour
- 6 ounces cream cheese softened
- 0.5 cup spring onion chopped
- 1 teaspoon worcestershire sauce
- 2 cups sharp cheddar cheese shredded
- 1.5 cups finely-chopped ham cubed fully cooked
- 1 pound sourdough bread
- 1 serving parsley fresh chopped

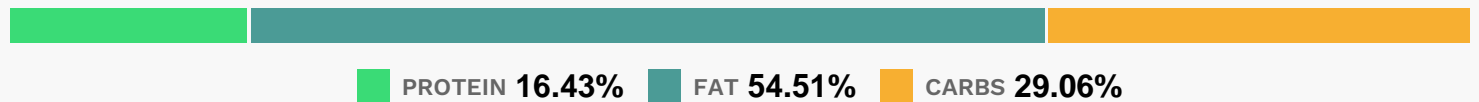
Equipment

sauce pan

Directions

- In a saucepan, combine sour cream, cream cheese, onions and Worcestershire sauce; cook and stir over low heat until blended.
- Add cheese and ham; cook and stir until cheese is melted and ham is heated through.
- Cut off top of loaf; carefully hollow out top and bottom, leaving a 1/2-in. shell.
- Cut removed bread into cubes.
- Pour dip into shell; if desired, sprinkle with parsley.
- Serve with bread cubes.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:62.1, Inflammation Score:-9, Nutrition Score:42.503043413162%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 1236.3kcal (61.82%), Fat: 75.43g (116.05%), Saturated Fat: 39.3g (245.63%), Carbohydrates: 90.46g (30.15%), Net Carbohydrates: 86.65g (31.51%), Sugar: 13.89g (15.43%), Cholesterol: 241.69mg (80.56%), Sodium: 2298.56mg (99.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.16g (102.33%), Selenium: 84.99µg (121.42%), Vitamin B1: 1.44mg (96.17%), Vitamin B2: 1.45mg (85.48%), Phosphorus: 824.97mg (82.5%), Calcium: 801.75mg (80.17%), Vitamin K: 62.17µg (59.21%), Folate: 228.34µg (57.09%), Vitamin A: 2512.82IU (50.26%), Vitamin B3: 9.61mg (48.06%), Manganese: 0.87mg (43.7%), Zinc: 6.34mg (42.29%), Iron: 7.09mg (39.39%), Vitamin B12: 1.96µg (32.69%), Magnesium: 101.45mg (25.36%), Vitamin C: 19.37mg (23.47%), Vitamin B6: 0.45mg (22.43%), Vitamin B5: 2.04mg (20.37%), Potassium: 681.65mg (19.48%), Copper: 0.37mg (18.49%), Fiber: 3.8g (15.21%), Vitamin E: 1.91mg (12.74%), Vitamin D: 0.45µg (3.01%)