



WHATSheATE



Ham and Cheese Dip in a Bread Bowl

READY IN



50 min.

SERVINGS



6

CALORIES



958 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce round bread
- ☐ 1.5 cups ham cubed fully cooked
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons green onion finely chopped
- ☐ 1 loaf bread italian sliced into bite-size cubes
- ☐ 8 ounce sharp cheddar cheese shredded

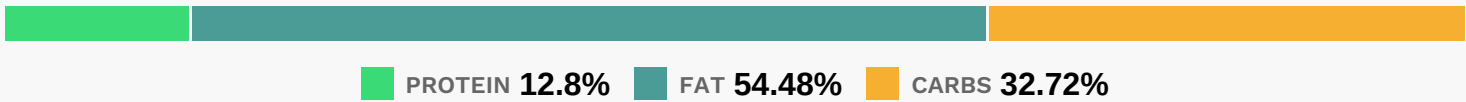
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut a 1-inch thick slice from the top of round bread loaf; hollow out the loaf to use as a bread bowl. Slice the cut-off top of the loaf into cubes for dipping.
- ☐ Combine cream cheese, Cheddar cheese, ham, green onion, and chives in a microwave-safe bowl.
- ☐ Heat in microwave on high power for about 15 seconds to warm ingredients for easier stirring.
- ☐ Spoon cheese mixture into prepared bread bowl; place on a baking sheet.
- ☐ Bake filled bread bowl in the preheated oven, stirring occasionally, until bread bowl is toasted and dip is bubbling, about 30 minutes.
- ☐ Serve with Italian bread cubes for dipping.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:20.14, Inflammation Score:-7, Nutrition Score:22.80565237999%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 957.83kcal (47.89%), Fat: 58.09g (89.37%), Saturated Fat: 30.4g (189.99%), Carbohydrates: 78.5g (26.17%), Net Carbohydrates: 72.77g (26.46%), Sugar: 29.26g (32.51%), Cholesterol: 96.6mg (32.2%), Sodium: 1330.21mg (57.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.71g (61.42%), Selenium: 41.33µg (59.04%), Manganese: 0.93mg (46.37%), Vitamin B3: 8.69mg (43.47%), Phosphorus: 422.54mg (42.25%), Calcium: 402mg (40.2%), Vitamin B1: 0.59mg (39.15%), Vitamin B2: 0.58mg (34.21%), Folate: 125.82µg (31.45%), Iron: 4.69mg

(26.04%), Fiber: 5.73g (22.92%), Zinc: 3.15mg (21.03%), Vitamin A: 929.61IU (18.59%), Magnesium: 63.98mg (16%), Vitamin B12: 0.88µg (14.7%), Potassium: 435.81mg (12.45%), Vitamin B5: 1.24mg (12.41%), Vitamin B6: 0.21mg (10.27%), Vitamin K: 10.61µg (10.11%), Vitamin C: 7.4mg (8.97%), Copper: 0.17mg (8.29%), Vitamin E: 0.76mg (5.1%), Vitamin D: 0.23µg (1.51%)