



Hot Broccoli-Cheese Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



32

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli frozen thawed drained chopped well
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 0.7 oz env. seasons dressing mix italian good
- 8 oz cheddar cheese shredded divided kraft

Equipment

- bowl
- oven

blender

Directions

- Heat oven to 350F.
- Beat cream cheese, sour cream and dressing mix in large bowl with mixer until blended.
- Add broccoli and 1-1/2 cups cheddar; mix well.
- Spread onto bottom of 9-inch pie plate sprayed with cooking spray.
- Bake 20 min.
- Sprinkle with remaining cheddar; bake 5 min. or until melted.

Nutrition Facts


PROTEIN 13.61% **FAT 76.48%** **CARBS 9.91%**

Properties

Glycemic Index:2.69, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.6947826017504%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 72.69kcal (3.63%), Fat: 6.27g (9.65%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.69g (0.76%), Cholesterol: 18.49mg (6.16%), Sodium: 120.27mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin C: 7.97mg (9.66%), Vitamin K: 9.46µg (9.01%), Calcium: 68.41mg (6.84%), Vitamin A: 266.17IU (5.32%), Phosphorus: 51.35mg (5.14%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.07mg (4.12%), Zinc: 0.36mg (2.37%), Folate: 8.14µg (2.03%), Vitamin B12: 0.11µg (1.76%), Potassium: 51.79mg (1.48%), Vitamin B5: 0.14mg (1.45%), Vitamin E: 0.21mg (1.4%), Vitamin B6: 0.03mg (1.37%), Magnesium: 5.13mg (1.28%), Manganese: 0.02mg (1.04%)