



Hot Broccoli Dip

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 2 Tbsp butter
- 2 stalks celery chopped
- 0.3 tsp rosemary leaves dried crushed
- 0.3 cup onions chopped
- 3 drops pepper sauce hot
- 0.5 cup pasilla peppers red chopped
- 1.5 lb round sourdough bread loaf

- 16 oz velveeta cut into 1/2-inch cubes
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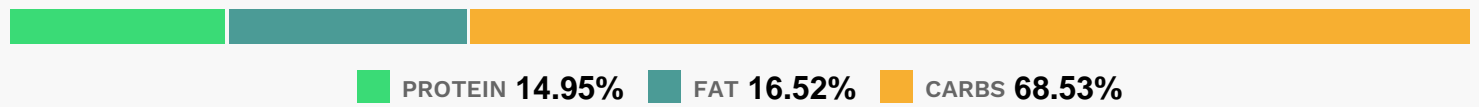
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 350F.
- Cut slice from top of bread loaf; remove center, leaving 1-inch-thick shell.
- Cut removed bread into bite-size pieces. Cover shell with top of bread; place on baking sheet with bread pieces.
- Bake 15 min.; cool slightly.
- Meanwhile, cook and stir celery, red peppers and onions in butter in medium saucepan on medium heat 5 min. or until crisp-tender.
- Add VELVEETA; cook on low heat 5 min. or until melted, stirring frequently.
- Add broccoli, rosemary and hot pepper sauce; cook 5 min. or until heated through, stirring constantly.
- Pour into bread loaf.
- Serve with toasted bread pieces.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:13.9, Inflammation Score:-4, Nutrition Score:6.9008696250941%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 109.93kcal (5.5%), Fat: 2.05g (3.15%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.84g (6.49%), Sugar: 2.11g (2.34%), Cholesterol: 3.05mg (1.02%), Sodium: 226.01mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Vitamin C: 17.81mg (21.58%), Vitamin B1: 0.26mg (17.04%), Vitamin K: 16.16µg (15.39%), Selenium: 10.13µg (14.47%), Folate: 54.41µg (13.6%), Manganese: 0.22mg (10.96%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.78mg (8.92%), Iron: 1.47mg (8.15%), Fiber: 1.3g (5.2%), Vitamin A: 259.14IU (5.18%), Phosphorus: 47.95mg (4.8%), Vitamin B6: 0.08mg (3.9%), Magnesium: 15.02mg (3.75%), Copper: 0.06mg (3.08%), Potassium: 106.47mg (3.04%), Zinc: 0.43mg (2.88%), Calcium: 27.22mg (2.72%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.29mg (1.9%)