

Hot Broccoli Dip

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



73 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
- 16 oz velveeta cut into 1/2-inch cubes

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



PROTEIN 14.95% **FAT 16.52%** **CARBS 68.53%**

Properties

Glycemic Index:10.78, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:4.6013043198087%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg,

Isorhamnetin: 0.07mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg,
Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 73.29kcal (3.66%), Fat: 1.37g (2.1%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 12.76g (4.25%), Net
Carbohydrates: 11.89g (4.32%), Sugar: 1.41g (1.56%), Cholesterol: 2.04mg (0.68%), Sodium: 150.67mg (6.55%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin C: 11.87mg (14.39%), Vitamin B1: 0.17mg
(11.36%), Vitamin K: 10.77µg (10.26%), Selenium: 6.75µg (9.65%), Folate: 36.27µg (9.07%), Manganese: 0.15mg
(7.31%), Vitamin B2: 0.11mg (6.61%), Vitamin B3: 1.19mg (5.94%), Iron: 0.98mg (5.43%), Fiber: 0.87g (3.47%), Vitamin
A: 172.76IU (3.46%), Phosphorus: 31.97mg (3.2%), Vitamin B6: 0.05mg (2.6%), Magnesium: 10.01mg (2.5%), Copper:
0.04mg (2.05%), Potassium: 70.98mg (2.03%), Zinc: 0.29mg (1.92%), Calcium: 18.15mg (1.81%), Vitamin B5: 0.15mg
(1.47%), Vitamin E: 0.19mg (1.27%)