



Hot Cheesy Roasted Brussels Sprout Dip



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound brussels sprouts trimmed quartered
- ☐ 4 ounces cream cheese room temperature
- ☐ 2 cloves garlic unpeeled
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmigiano-reggiano grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 0.8 cup mozzarella cheese shredded

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon thyme leaves chopped

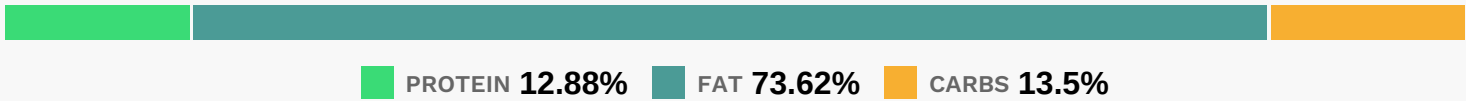
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss the brussels sprouts in the olive oil, salt and pepper, spread them out in a single layer on a baking sheet along with the cloves of garlic and roast in a preheated 400F oven until golden brown, about 20–30 minutes, flipping half way through.Squeeze the roasted garlic from the skins, mix everything, place in a baking dish and bake in a preheated 350F oven until lightly golden brown on top and bubbling on the sides, about 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:2.66, Inflammation Score:−9, Nutrition Score:21.175217418567%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 392.57kcal (19.63%), Fat: 33.17g (51.04%), Saturated Fat: 13.16g (82.25%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 9.3g (3.38%), Sugar: 4.41g (4.9%), Cholesterol: 63.83mg (21.28%), Sodium: 636.66mg (27.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin K: 227.07µg (216.25%), Vitamin C: 97.39mg (118.04%), Vitamin A: 1537.2IU (30.74%), Calcium: 274.7mg (27.47%), Phosphorus: 242.72mg (24.27%), Manganese: 0.43mg (21.26%), Folate: 75.35µg (18.84%), Fiber: 4.38g (17.5%), Vitamin B2: 0.28mg (16.3%), Vitamin E: 2.31mg (15.43%), Vitamin B6: 0.3mg (15.21%), Potassium: 528.63mg (15.1%), Selenium: 10.3µg (14.71%), Vitamin B1:

0.18mg (12.02%), Vitamin B12: 0.66µg (11.05%), Iron: 1.89mg (10.51%), Zinc: 1.49mg (9.96%), Magnesium: 37.94mg (9.49%), Vitamin B5: 0.65mg (6.52%), Copper: 0.1mg (5%), Vitamin B3: 0.94mg (4.69%)