



Hot Pizza Dip

 **Gluten Free**

READY IN



15 min.

SERVINGS



16

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons olives black sliced
- 8 ounce cream cheese softened
- 0.3 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 2 tablespoons bell pepper green chopped
- 0.5 teaspoon oregano dried
- 1 cup parmesan cheese grated
- 2 ounces pepperoni sausage chopped

- 1 cup pizza sauce
- 1 cup mozzarella cheese shredded

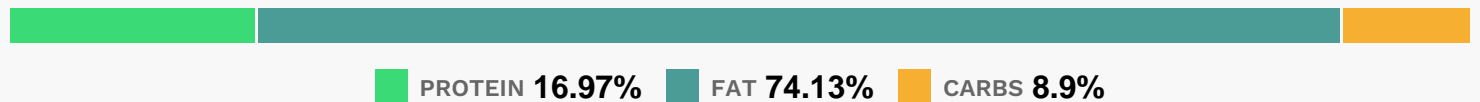
Equipment

- bowl
- microwave

Directions

- In a small bowl, mix together the cream cheese, oregano, parsley, and basil.
- Spread mixture in the bottom of a 9 inch pie plate, or a shallow microwave-safe dish.
- Sprinkle 1/2 cup of the mozzarella cheese and 1/2 cup of the Parmesan cheese on top of the cream cheese mixture.
- Spread the pizza sauce over all.
- Sprinkle with remaining cheese, then top with green pepper, pepperoni and olive slices. Cover, and microwave for 5 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:3.4586956734243%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 120.35kcal (6.02%), Fat: 10.04g (15.44%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.19g (1.32%), Cholesterol: 28.72mg (9.57%), Sodium: 342.02mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Calcium: 109.19mg (10.92%), Phosphorus: 89.73mg (8.97%), Selenium: 5.73µg (8.18%), Vitamin A: 367.52IU (7.35%), Vitamin B2: 0.09mg (5.53%), Vitamin B12: 0.32µg (5.35%), Zinc: 0.67mg (4.47%), Vitamin E: 0.48mg (3.2%), Potassium: 94.46mg (2.7%), Manganese: 0.05mg

(2.64%), Vitamin C: 2.01mg (2.44%), Vitamin B6: 0.05mg (2.36%), Magnesium: 8.32mg (2.08%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 2µg (1.9%), Vitamin B3: 0.37mg (1.83%), Iron: 0.32mg (1.75%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.42%), Fiber: 0.32g (1.26%), Folate: 4.04µg (1.01%)