



WHATSheATE



Hot Pizza Dip by 3-A-Day™ of Dairy

READY IN



20 min.

SERVINGS



10

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sticks bread whole wheat
- ☐ 0.3 cup green onion sliced
- ☐ 6 ounces cream cheese light
- ☐ 1 cup low-moisture shredded
- ☐ 1 teaspoon oregano
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup pizza sauce
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 cup cup heavy whipping cream light sour

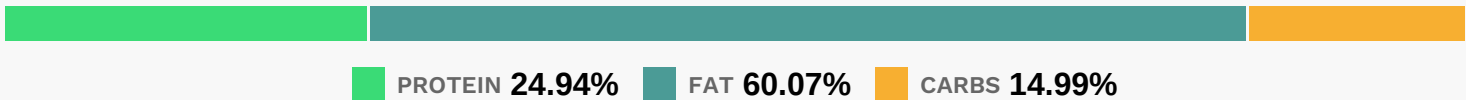
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine cream cheese, sour cream and oregano in bowl; stir until smooth.
- ☐ Spread evenly into 9-inch pie plate or quiche pan. Top with pizza sauce, shredded cheese, peppers and onions.
- ☐ Bake at 350 degrees Fahrenheit for 10 minutes, or until cheese is melted.
- ☐ Serve with whole wheat breadsticks or crackers.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:4.5530435261519%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 103.37kcal (5.17%), Fat: 6.96g (10.71%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.85g (2.05%), Cholesterol: 23.78mg (7.93%), Sodium: 279.15mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Calcium: 195.31mg (19.53%), Phosphorus: 126.28mg (12.63%), Vitamin A: 422.54IU (8.45%), Vitamin C: 6.2mg (7.52%), Vitamin K: 7.46µg (7.11%), Vitamin B2: 0.11mg (6.48%), Vitamin B12: 0.36µg (5.94%), Selenium: 3.9µg (5.57%), Zinc: 0.65mg (4.36%), Potassium: 134.31mg (3.84%), Folate: 10.79µg (2.7%), Magnesium: 10.69mg (2.67%), Vitamin E: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.23mg (2.29%), Iron: 0.35mg (1.94%), Manganese: 0.04mg (1.87%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.5%), Vitamin B3: 0.24mg (1.2%)