



Italian Layered Dip with Crisp Crackers

READY IN



25 min.

SERVINGS



20

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 oz great northern beans rinsed drained canned
- 0.3 cup parmesan fresh shredded
- 0.3 cup caesar dressing
- 4 oz pepperoni finely chopped
- 0.5 cup pepperoncini peppers drained chopped
- 0.8 cup pizza cheese shredded italian finely
- 1 tablespoon oregano fresh chopped
- 40 round buttery crackers crisp

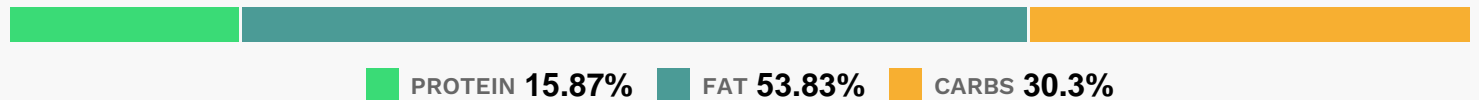
Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- microwave
- pie form

Directions

- Place beans, Parmesan cheese and salad dressing in food processor bowl with metal blade; process until smooth.
- Spread mixture in ungreased 9-inch microwave-safe pie pan or quiche dish.
- Top with pepperoni, pepperoncini peppers, shredded Italian cheese blend and oregano. Cover with microwave-safe plastic wrap.
- Microwave on HIGH for 1 1/2 to 2 minutes, turning pan once halfway through cooking.
- Serve with crisp crackers.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:3.7891304829846%

Nutrients (% of daily need)

Calories: 118.95kcal (5.95%), Fat: 7.2g (11.08%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.68g (2.79%), Sugar: 0.65g (0.72%), Cholesterol: 8.34mg (2.78%), Sodium: 207.4mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Manganese: 0.17mg (8.64%), Vitamin K: 8.28µg (7.89%), Phosphorus: 65.81mg (6.58%), Folate: 24.04µg (6.01%), Fiber: 1.44g (5.76%), Vitamin B1: 0.08mg (5.14%), Calcium: 51mg (5.1%), Iron: 0.84mg (4.65%), Selenium: 3.17µg (4.53%), Magnesium: 15.18mg (3.79%), Vitamin B3: 0.73mg (3.66%), Vitamin C: 2.86mg (3.47%), Potassium: 112.88mg (3.23%), Vitamin E: 0.48mg (3.18%), Vitamin B6: 0.06mg (3.15%), Vitamin B2: 0.05mg (3.01%), Copper: 0.05mg (2.65%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.17mg

(1.69%), Vitamin B12: 0.09 μ g (1.49%)