



Kimchi Dip

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cream cheese room temperature ()
- ☐ 2 green onions sliced ()
- ☐ 1 cup kimchi chopped ()
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup mozzarella cheese grated ()
- ☐ 0.3 cup panko crumbs
- ☐ 0.3 cup parmigiano reggiano grated ()
- ☐ 0.5 cup cup heavy whipping cream sour

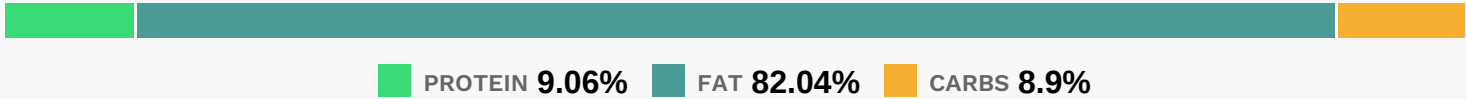
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the kimchi, green onions, cream cheese, sour cream, mayonnaise, parmigiano reggiano and mozzarella and pour it into a baking dish.
- ☐ Mix the panko bread crumbs and parmigiano reggiano and sprinkle it on top of the dip.
- ☐ Bake in a preheated 350F oven until bubbling and golden brown on top, about 20-40 minutes.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:8.058260889157%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 317.89kcal (15.89%), Fat: 29.33g (45.13%), Saturated Fat: 12.28g (76.76%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.38g (2.32%), Sugar: 2.93g (3.25%), Cholesterol: 61.26mg (20.42%), Sodium: 502.43mg (21.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin K: 49.32µg (46.97%), Calcium: 187.68mg (18.77%), Vitamin A: 751.64IU (15.03%), Vitamin B2: 0.24mg (13.94%), Phosphorus: 138.59mg (13.86%), Selenium: 7.54µg (10.78%), Folate: 28.71µg (7.18%), Vitamin B12: 0.39µg (6.45%), Iron: 1.15mg (6.4%), Vitamin E: 0.91mg (6.05%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.77mg (5.17%), Potassium: 154.55mg (4.42%), Magnesium: 16.55mg (4.14%), Vitamin B1: 0.06mg (4.04%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.67mg (3.37%), Fiber: 0.78g (3.14%), Manganese: 0.05mg (2.73%), Copper: 0.04mg (1.86%), Vitamin C: 1.39mg (1.68%)