

Layered Italian Dip with Crisp Wontons

 Gluten Free

READY IN



40 min.

SERVINGS



14

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup caesar dressing
- ☐ 15.5 oz great northern beans rinsed drained canned
- ☐ 3 oz pizza cheese shredded italian finely
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup parmesan fresh shredded
- ☐ 0.5 cup pepperoncini peppers italian drained chopped (bottled peppers)
- ☐ 4 oz pepperoni finely chopped
- ☐ 14 wonton skins ()

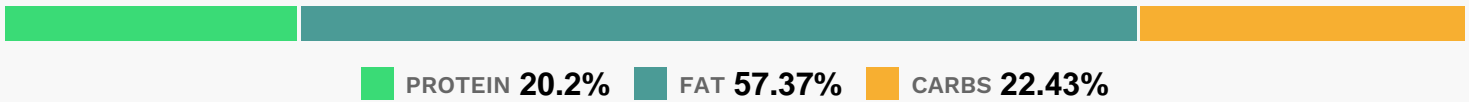
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Heat oven to 400F.
- ☐ Cut each wonton skin in half into 2 triangles. On 2 large ungreased cookie sheets, arrange wonton skins in single layer. Spray wontons with cooking spray.
- ☐ Bake about 6 minutes or until crisp; cool.
- ☐ In food processor, place beans, Parmesan cheese and dressing. Cover; process until smooth.
- ☐ Spread mixture in ungreased 9-inch microwavable pie plate or quiche dish.
- ☐ Top with pepperoni, pepperoncini peppers, cheese blend and oregano. Cover with microwavable plastic wrap.
- ☐ Microwave on High 1 1/2 to 2 minutes, turning pan once halfway through cooking.
- ☐ Serve with crisp wontons.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:4.3221739297328%

Nutrients (% of daily need)

Calories: 133.43kcal (6.67%), Fat: 8.62g (13.27%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 5.72g (2.08%), Sugar: 0.23g (0.26%), Cholesterol: 12.87mg (4.29%), Sodium: 239.2mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Manganese: 0.2mg (10.02%), Fiber: 1.86g

(7.45%), Vitamin K: 7.55µg (7.19%), Phosphorus: 70.62mg (7.06%), Folate: 28.17µg (7.04%), Calcium: 60.1mg (6.01%), Selenium: 4.13µg (5.91%), Magnesium: 20.05mg (5.01%), Vitamin C: 4.1mg (4.97%), Vitamin B1: 0.07mg (4.81%), Iron: 0.82mg (4.56%), Potassium: 151.06mg (4.32%), Vitamin B6: 0.08mg (4.24%), Copper: 0.06mg (3.25%), Zinc: 0.48mg (3.17%), Vitamin B3: 0.63mg (3.13%), Vitamin B2: 0.05mg (2.96%), Vitamin E: 0.38mg (2.55%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.21mg (2.1%)