



## Layered Pizza Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



32

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 oz cream cheese with chives and onions soft
- ☐ 0.5 cup tomato sauce
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup pepperoni finely chopped
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 cup cheddar cheese shredded

## Equipment

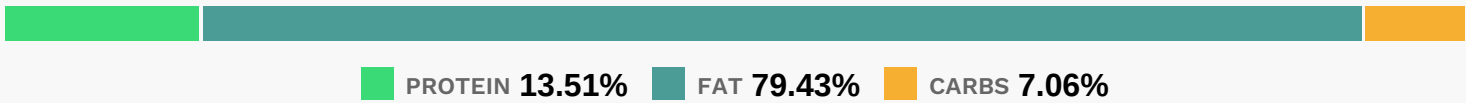
- ☐ oven

- ☐ baking pan
- ☐ pie form

## Directions

- ☐ Heat oven to 350°F. In ungreased 9-inch pie pan or 1 to 1 1/2-quart baking dish, layer all ingredients in order listed.
- ☐ Bake at 350°F. for 10 to 15 minutes or until dip is hot and cheese is melted.
- ☐ Serve warm with bagel crisps, bagel chips or crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.1756521631842%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 44.58kcal (2.23%), Fat: 3.99g (6.14%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.48g (0.54%), Cholesterol: 11.45mg (3.82%), Sodium: 81.59mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin A: 149.89IU (3%), Calcium: 29.19mg (2.92%), Vitamin C: 2.14mg (2.59%), Selenium: 1.77µg (2.53%), Phosphorus: 25.22mg (2.52%), Vitamin B2: 0.04mg (2.07%), Vitamin B12: 0.09µg (1.49%), Zinc: 0.19mg (1.28%), Vitamin E: 0.15mg (1.02%)