



Layered Pizza Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 0.3 cup knudsen cream sour
- 0.3 cup pasilla peppers green chopped
- 0.3 cup miracle whip dressing
- 3 Tbsp parmesan cheese divided grated kraft
- 16 slices oscar mayer pepperoni cut into quarters
- 1 cup classico pizza sauce traditional
- 0.8 cup mozzarella cheese shredded with a touch of philadelphia, divided kraft

Equipment

microwave

Directions

- Mix cream cheese spread, dressing, sour cream, 1/2 cup mozzarella and 2 Tbsp. Parmesan until blended; spread onto bottom of microwaveable 9-inch pie plate.
- Cover with pizza sauce, remaining cheeses, pepperoni and peppers.
- Microwave on HIGH 4 to 5 min. or until dip is heated through and mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:2.0030434701754%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 66.1kcal (3.31%), Fat: 5.07g (7.8%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.5g (1.67%), Cholesterol: 14.7mg (4.9%), Sodium: 233.6mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Calcium: 53.27mg (5.33%), Vitamin A: 225.12IU (4.5%), Vitamin C: 3.17mg (3.85%), Phosphorus: 37.57mg (3.76%), Selenium: 2.16µg (3.09%), Vitamin B12: 0.18µg (2.95%), Vitamin B2: 0.04mg (2.5%), Zinc: 0.31mg (2.07%), Potassium: 71.67mg (2.05%), Vitamin E: 0.3mg (1.98%), Manganese: 0.04mg (1.81%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.37g (1.47%), Vitamin B3: 0.29mg (1.45%), Iron: 0.23mg (1.28%), Magnesium: 4.94mg (1.23%), Copper: 0.02mg (1.2%), Vitamin B5: 0.1mg (1.02%)