



Mama Yev's Bread dip

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese room temperature
- 0.3 teaspoon garlic powder
- 0.3 cup mayonnaise
- 0.3 teaspoon onion powder
- 1 pound round pumpernickel rye bread
- 0.3 cup slivered almonds chopped
- 2 cups swiss cheese shredded

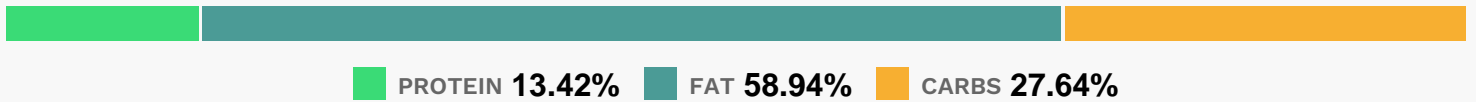
Equipment

- bowl
- oven
- casserole dish
- microwave

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium casserole dish, or oven-safe bowl, stir together the mayonnaise, cream cheese, Swiss cheese, onion powder, garlic powder and almonds.
- Bake for 10 minutes in the preheated oven, or until well melted but not browned. While the spread is in the oven, cut a large circle in the top of the pumpernickel loaf, and remove the insides, leaving a 1 inch cushion of bread lining the edges.
- Cut the pieces of bread from the inside into cubes to use for dipping.
- When the dip is melted, pour into the bread bowl, and serve. If not serving immediately, you may heat it again in the microwave for a minute or two.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:13.2, Inflammation Score:-6, Nutrition Score:14.113913003193%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 435.72kcal (21.79%), Fat: 28.66g (44.09%), Saturated Fat: 12.22g (76.35%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 26.51g (9.64%), Sugar: 3.46g (3.84%), Cholesterol: 57.66mg (19.22%), Sodium:

540.27mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Selenium: 28.47µg (40.67%), Calcium: 319.33mg (31.93%), Manganese: 0.55mg (27.56%), Phosphorus: 274.97mg (27.5%), Vitamin B2: 0.38mg (22.2%), Vitamin B1: 0.26mg (17.61%), Folate: 69.39µg (17.35%), Vitamin K: 16.87µg (16.07%), Fiber: 3.73g (14.91%), Vitamin B12: 0.89µg (14.82%), Zinc: 2.09mg (13.95%), Vitamin A: 614.9IU (12.3%), Vitamin E: 1.76mg (11.76%), Vitamin B3: 2.32mg (11.6%), Magnesium: 43.49mg (10.87%), Iron: 1.82mg (10.13%), Copper: 0.16mg (8.03%), Vitamin B5: 0.56mg (5.6%), Potassium: 179.05mg (5.12%), Vitamin B6: 0.08mg (4.23%)