



Marc's Race Day Dip

 **Gluten Free**

READY IN



35 min.

SERVINGS



8

CALORIES



444 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce olives black drained sliced canned
- ☐ 8 ounce cream cheese
- ☐ 4 ounce chile peppers diced green drained canned
- ☐ 1 jalapeno sliced
- ☐ 12 ounces pepperoni sliced chopped
- ☐ 14 ounce pizza sauce
- ☐ 2 cups mozzarella cheese shredded

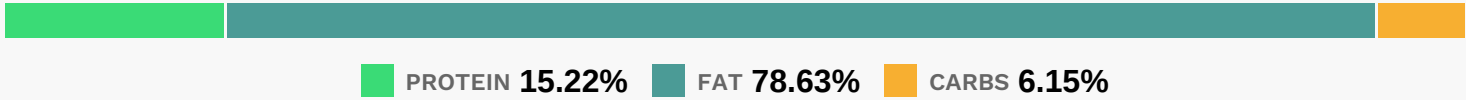
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Spread the cream cheese in a layer in a 9 inch square baking dish.
- ☐ Spread a layer of pizza sauce over the cream cheese, followed by layers of shredded cheese, green chilies, black olives, jalapenos, and pepperoni.
- ☐ Bake for 25 minutes in the preheated oven, until heated throughout.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:12.32826089859%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 443.77kcal (22.19%), Fat: 39.15g (60.22%), Saturated Fat: 17.39g (108.71%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.31g (3.67%), Cholesterol: 92mg (30.67%), Sodium: 1559.64mg (67.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Selenium: 20.07µg (28.67%), Phosphorus: 212.9mg (21.29%), Vitamin B12: 1.25µg (20.89%), Calcium: 200.29mg (20.03%), Vitamin A: 905.12IU (18.1%), Vitamin B2: 0.29mg (17.23%), Manganese: 0.32mg (15.97%), Vitamin E: 2.32mg (15.48%), Zinc: 2.13mg (14.2%), Vitamin B3: 2.83mg (14.15%), Vitamin B6: 0.26mg (12.99%), Vitamin C: 10.4mg (12.6%), Potassium: 351.85mg (10.05%), Vitamin B1: 0.15mg (9.91%), Vitamin B5: 0.88mg (8.8%), Iron: 1.49mg (8.3%), Fiber: 1.74g (6.94%), Magnesium: 26.42mg (6.6%), Copper: 0.13mg (6.51%), Vitamin K: 5.72µg (5.44%), Folate: 19.87µg (4.97%), Vitamin D: 0.66µg (4.43%)