

Mozzarella Dip

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



975 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 dash garlic salt
- 2 cups mayonnaise
- 1 tablespoon onion minced
- 2 tablespoons parmesan cheese grated
- 1 dash seasoning salt
- 1 cup mozzarella cheese shredded
- 1 cup heavy whipping cream sour
- 1 teaspoon sugar white

Equipment

bowl

Directions

In a medium bowl, mix together mayonnaise, sour cream, mozzarella cheese, Parmesan cheese, onion, sugar, garlic salt and seasoning salt. Cover and chill in the refrigerator at least 1 hour before serving.

Nutrition Facts

PROTEIN 3.87% **FAT 93.89%** **CARBS 2.24%**

Properties

Glycemic Index:43.52, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:11.29434787644%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 974.83kcal (48.74%), Fat: 101.89g (156.76%), Saturated Fat: 22.98g (143.64%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 5.41g (1.97%), Sugar: 3.99g (4.44%), Cholesterol: 105.26mg (35.09%), Sodium: 967.82mg (42.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.91%), Vitamin K: 184.12µg (175.35%), Vitamin E: 3.96mg (26.39%), Calcium: 231.13mg (23.11%), Phosphorus: 182.91mg (18.29%), Vitamin B12: 0.93µg (15.46%), Selenium: 10.36µg (14.8%), Vitamin A: 641.98IU (12.84%), Vitamin B2: 0.21mg (12.15%), Zinc: 1.29mg (8.59%), Vitamin B5: 0.44mg (4.37%), Potassium: 123.83mg (3.54%), Magnesium: 13.6mg (3.4%), Folate: 11.64µg (2.91%), Vitamin B6: 0.05mg (2.4%), Vitamin D: 0.35µg (2.32%), Iron: 0.42mg (2.31%), Vitamin B1: 0.03mg (2.19%), Copper: 0.04mg (1.84%), Manganese: 0.03mg (1.4%)