



## Oven-Baked Feta Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup feta cheese crumbled
- 3 cloves garlic minced
- 0.3 cup tomato sauce homemade your favorite (I use my sauce)
- 0.5 cup part-skim mozzarella cheese shredded
- 0.5 cup mild cheddar cheese shredded

### Equipment

- oven
- pot

baking pan

## Directions

Preheat oven at 40

In a small oven-safe baking dish, or a clay pot, layer the crumbled cheese, covering the entire bottom of the dish.

Sprinkle the minced garlic on top of the feta cheese.

Spoon the tomato sauce, covering the entire cheese and garlic mixture.

Mix together the mozzarella cheese and the cheddar cheese; layer on top of the tomato sauce.

Bake it in the oven for 15 minutes, or until the cheese is melted.

Serve it warm with a side of flatbread or tortilla chips.

## Nutrition Facts



**PROTEIN 24.59%** **FAT 67.94%** **CARBS 7.47%**

## Properties

Glycemic Index:32.25, Glycemic Load:0.96, Inflammation Score:-3, Nutrition Score:8.6665217391304%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Taste

Sweetness: 100%, Saltiness: 78.8%, Sourness: 41.27%, Bitterness: 26.52%, Savoriness: 63.59%, Fattiness: 84.12%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 199.59kcal (9.98%), Fat: 15.15g (23.31%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.77g (0.86%), Cholesterol: 56.46mg (18.82%), Sodium: 679.5mg (29.54%), Protein: 12.34g (24.68%), Calcium: 400.44mg (40.04%), Phosphorus: 263.46mg (26.35%), Vitamin B2: 0.43mg (25.51%), Selenium: 12.05µg (17.21%), Vitamin B12: 0.9µg (14.97%), Zinc: 2.04mg (13.63%), Vitamin B6: 0.22mg (11.07%), Vitamin A: 433.63IU (8.67%), Vitamin B5: 0.49mg (4.93%), Vitamin B1: 0.07mg (4.84%), Folate: 17.67µg (4.42%), Magnesium: 17.02mg (4.25%), Manganese: 0.07mg (3.37%), Potassium: 100.39mg (2.87%), Vitamin B3:

0.56mg (2.81%), Vitamin E: 0.42mg (2.77%), Iron: 0.48mg (2.68%), Copper: 0.04mg (2.22%), Vitamin C: 1.77mg (2.15%), Vitamin D: 0.28µg (1.84%), Vitamin K: 1.71µg (1.62%), Fiber: 0.28g (1.11%)