



Pepperoni Pizza Dip

READY IN



110 min.

SERVINGS



8

CALORIES



488 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 ounces cream cheese softened
- 0.5 cup crimini mushrooms thinly sliced quartered
- 1 teaspoon marjoram dried
- 1 eggs slightly beaten
- 28 ounce canned tomatoes fire roasted crushed canned (recommended: Muir Glen)
- 1 tablespoon basil leaves fresh julienned for garnish
- 0.5 teaspoon garlic minced
- 1 tablespoon garlic minced

- 1 cup small-dice buffalo mozzarella cheese
- 1 tablespoon olive oil
- 1 tablespoon olive oil plus more for drizzling
- 0.3 cup onion finely chopped
- 1 teaspoon oregano dried
- 0.3 cup parmesan grated
- 0.3 cup parmesan grated
- 1 cup pepperoni thinly sliced
- 8 servings serving suggestions: pizza dough strips toasted
- 0.5 cup bell pepper diced red ()
- 0.3 teaspoon chile flakes red
- 0.5 teaspoon chile flakes red
- 0.7 cup ricotta cheese
- 0.5 teaspoon sea salt
- 1 tablespoon shallots minced

Equipment

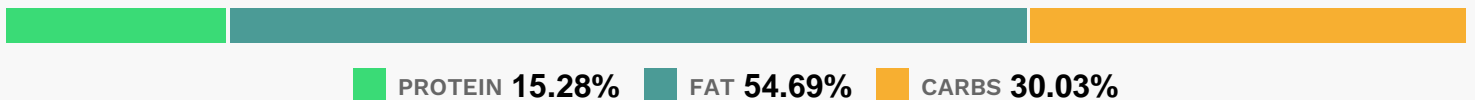
- bowl
- frying pan
- paper towels
- oven
- pie form

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Add the olive oil to a 12-inch saute pan over medium heat and, when hot, add the onion.
- Saute until translucent.

- Add the garlic and red chile flakes, cook for 1 minute, and then add the canned tomatoes. Reduce the heat to a simmer and cook for 25 minutes, stirring occasionally. When the mixture has thickened, stir in the fresh and dried spices. Simmer for an additional 15 minutes and adjust seasoning, if necessary.
- Remove from the heat.
- For the bottom layer: In a medium bowl, combine the cream cheese, ricotta, Parmesan, egg, garlic and spices.
- Spread the mixture evenly into an oven-safe casserole (2-quart capacity or a 9-inch pie pan). Set aside.
- For the toppings: In a small saute pan over medium heat, add a drizzle of olive oil and the pepperoni.
- Saute until the pepperoni is just crisp, 4 to 5 minutes, and then drain on a paper towel-lined plate.
- Add the remaining olive oil and the red bell peppers and saute over medium-high heat until just starting to soften.
- Add the shallot, cook for 2 minutes, and then add the mushrooms. Cook for 7 to 10 minutes and remove from the heat.
- Spread the pizza sauce over the top of the bottom layer of cheese, sprinkle with the pepper and mushroom mixture, and then the pepperoni. Evenly distribute the mozzarella over the top and bake for 20 minutes.
- Remove from the oven and sprinkle with the Parmesan.
- Garnish with the basil sprig and serve hot with pizza dough strips, toasted pita strips, or crackers.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:10.955217475476%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:

0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 488.48kcal (24.42%), Fat: 29.87g (45.95%), Saturated Fat: 14.09g (88.08%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 34.69g (12.61%), Sugar: 7.99g (8.87%), Cholesterol: 89.35mg (29.78%), Sodium: 1256.66mg (54.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Vitamin A: 1417.44IU (28.35%), Calcium: 274.05mg (27.4%), Selenium: 16.69µg (23.84%), Phosphorus: 209.51mg (20.95%), Vitamin C: 14.6mg (17.7%), Iron: 2.87mg (15.94%), Vitamin B2: 0.27mg (15.72%), Vitamin B12: 0.78µg (12.94%), Zinc: 1.53mg (10.17%), Manganese: 0.18mg (8.9%), Fiber: 2.2g (8.81%), Vitamin E: 1.29mg (8.58%), Vitamin B6: 0.16mg (8.08%), Vitamin K: 7.79µg (7.42%), Vitamin B5: 0.63mg (6.3%), Vitamin B3: 1.11mg (5.53%), Potassium: 188.27mg (5.38%), Vitamin B1: 0.07mg (4.84%), Magnesium: 17.99mg (4.5%), Folate: 17.5µg (4.38%), Copper: 0.07mg (3.36%), Vitamin D: 0.43µg (2.88%)