



Pizza Dip

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup tomato sauce
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup pepperoni chopped
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 0.3 cup bell pepper diced red finely
- ☐ 0.3 cup spring onion sliced
- ☐ 2 oz mozzarella cheese shredded

- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 serving tortilla chips

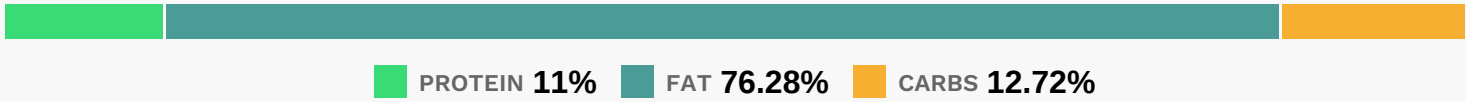
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Set oven control to broil. On 12- or 13-inch round ovenproof serving plate, spread cream cheese in thin layer. In small bowl, mix pizza sauce and garlic; spread over cream cheese. Top with pepperoni, olives, bell pepper and onions.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Broil with top 4 inches from heat 1 to 2 minutes or until mozzarella cheese is melted.
- ☐ Sprinkle with basil.
- ☐ Serve immediately with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:2.3039130309354%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 76.83kcal (3.84%), Fat: 6.65g (10.23%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.85g (0.94%), Cholesterol: 16.43mg (5.48%), Sodium: 181.82mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin A: 320.78IU (6.42%), Vitamin K: 5.8µg (5.52%), Vitamin C: 4.07mg (4.93%), Selenium: 2.46µg (3.51%), Phosphorus: 33.45mg (3.35%), Calcium: 32.3mg (3.23%), Vitamin B2: 0.05mg (2.97%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.13µg (2.11%), Vitamin B6: 0.04mg (1.98%), Manganese: 0.04mg (1.97%), Zinc: 0.26mg (1.74%), Potassium: 58.87mg (1.68%), Fiber: 0.38g (1.52%),

Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.27mg (1.36%), Magnesium: 5.44mg (1.36%), Vitamin B1: 0.02mg (1.21%),
Iron: 0.21mg (1.16%), Folate: 4.6µg (1.15%), Copper: 0.02mg (1.05%)