



Pizza Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olives black sliced
- ☐ 4 ounces cream cheese room temperature
- ☐ 2 tablespoons bell pepper green sliced
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 ounces pepperoni sliced
- ☐ 1 cup pizza sauce
- ☐ 0.5 cup mozzarella cheese shredded

☐ 0.3 cup cup heavy whipping cream sour

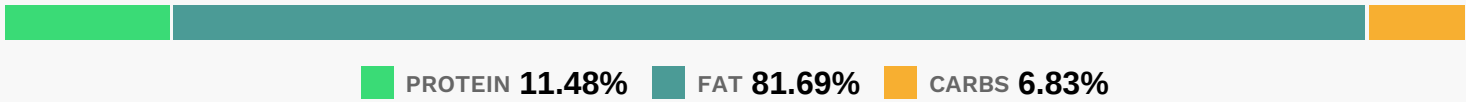
Equipment

☐ oven

Directions

- ☐
- Mix the cream cheese, sour cream mayonnaise, mozzarella and parmigiano reggiano and spread it across the bottom of a pie plate.
- ☐
- Spread the pizza sauce on top and sprinkle on the cheese, pepperoni, green pepper and olives.
- ☐
- Bake in a preheated 350F oven until the sides are bubbling and the cheese cheese has melted and turned golden brown on top, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:9.7656521175219%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 382.26kcal (19.11%), Fat: 35.12g (54.04%), Saturated Fat: 14.3g (89.38%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.14g (4.6%), Cholesterol: 72.05mg (24.02%), Sodium: 947.1mg (41.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.21%), Vitamin K: 27µg (25.71%), Calcium: 201.65mg (20.17%), Vitamin A: 920.98IU (18.42%), Phosphorus: 177.16mg (17.72%), Selenium: 11.59µg (16.56%), Vitamin B2: 0.23mg (13.54%), Vitamin E: 2mg (13.3%), Vitamin B12: 0.69µg (11.46%), Vitamin C: 8.16mg (9.89%), Potassium: 305.15mg (8.72%), Zinc: 1.28mg (8.53%), Manganese: 0.17mg (8.33%), Vitamin B6: 0.16mg (7.84%), Vitamin B3: 1.42mg (7.08%), Vitamin B5: 0.64mg (6.44%), Magnesium: 22.32mg (5.58%), Iron: 1mg (5.53%), Copper: 0.11mg (5.25%), Vitamin B1: 0.07mg (4.94%), Fiber: 1.13g (4.52%), Folate: 12.34µg (3.08%), Vitamin D: 0.3µg (2%)