



Sinless Mississippi Sin

READY IN



65 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

Ingredients

- 4 ounce chiles green canned
- 1 clove garlic crushed
- 1 bunch spring onion chopped
- 6.5 ounce marinated artichoke drained chopped
- 8 ounce neufchatel cheese
- 10 servings salt and pepper to taste
- 2 cups cream fat free sour
- 1 pound sourdough bread
- 1 cup tomatoes chopped

- 1.5 cups cheddar cheese shredded white
- 1 teaspoon worcestershire sauce

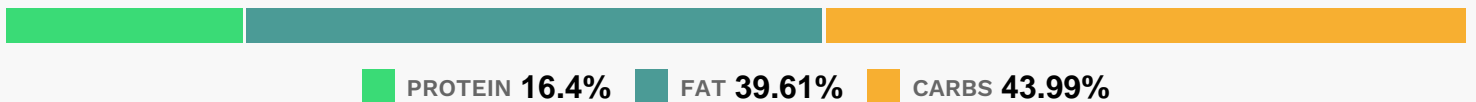
Equipment

- bowl
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, beat the Neufchatel cheese until soft. Stir in Cheddar cheese, sour cream, green chiles, Worcestershire sauce, garlic, green onions, artichoke hearts, salt and pepper.
- Slice the top off the bread, and hollow the bread out. Spoon cheese and artichoke mixture into the bread bowl. Replace the top of the bread, and wrap entire bread bowl in aluminum foil.
- Bake for 40 minutes in the preheated oven.
- Remove from oven, and stir in tomatoes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.45, Glycemic Load:18.7, Inflammation Score:-7, Nutrition Score:11.729130275871%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 310.96kcal (15.55%), Fat: 13.75g (21.16%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.55g (11.84%), Sugar: 3.75g (4.17%), Cholesterol: 37.87mg (12.62%), Sodium: 842.34mg

(36.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.62%), Selenium: 20.98µg (29.98%), Calcium: 239.75mg (23.97%), Vitamin B1: 0.36mg (23.96%), Vitamin B2: 0.38mg (22.46%), Phosphorus: 206.79mg (20.68%), Folate: 77.54µg (19.38%), Vitamin A: 824.98IU (16.5%), Manganese: 0.27mg (13.41%), Vitamin C: 10.41mg (12.62%), Iron: 2.23mg (12.38%), Vitamin B3: 2.45mg (12.27%), Zinc: 1.56mg (10.4%), Fiber: 1.81g (7.23%), Magnesium: 28.69mg (7.17%), Vitamin K: 7.27µg (6.92%), Vitamin B12: 0.39µg (6.43%), Potassium: 220.73mg (6.31%), Vitamin B6: 0.11mg (5.47%), Copper: 0.1mg (5.05%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.41mg (2.72%)