



Slow-Cooker Pepperoni Pizza Dip

 Gluten Free

READY IN



260 min.

SERVINGS



14

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounces tomato sauce
- 1 cup turkey pepperoni chopped (from 6-ounce package)
- 0.5 cup spring onion chopped
- 0.5 cup bell pepper red chopped
- 2.3 ounces olives ripe drained sliced canned
- 4 ounces mozzarella cheese shredded
- 8 ounces cream cheese cubed softened
- 1 sticks cherry tomatoes

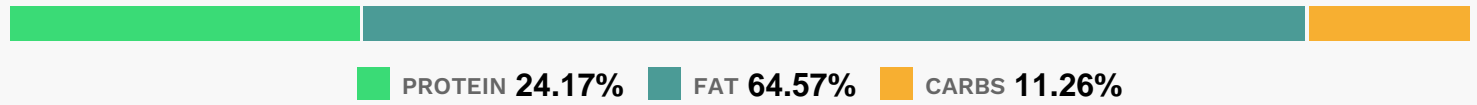
Equipment

slow cooker

Directions

- Mix pizza sauce, pepperoni, onions, bell pepper and olives in 1 1/2-quart slow cooker.
- Cover and cook on low heat setting 3 to 4 hours or until mixture is hot.
- Stir in mozzarella cheese and cream cheese until melted.
- Serve with vegetables for dipping.
- Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:11.64, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:4.6456521425558%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 138.01kcal (6.9%), Fat: 10.13g (15.59%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.03g (2.26%), Cholesterol: 43.55mg (14.52%), Sodium: 621.88mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Vitamin A: 623.83IU (12.48%), Vitamin C: 9.48mg (11.5%), Vitamin K: 9.04µg (8.61%), Zinc: 1.14mg (7.57%), Calcium: 70.3mg (7.03%), Potassium: 210.77mg (6.02%), Phosphorus: 56.57mg (5.66%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.08%), Iron: 0.88mg (4.89%), Selenium: 3.01µg (4.3%), Magnesium: 16.12mg (4.03%), Copper: 0.08mg (3.98%), Vitamin B12: 0.22µg (3.67%), Fiber: 0.78g (3.12%), Vitamin B6: 0.06mg (2.95%), Folate: 10.13µg (2.53%), Manganese: 0.05mg (2.31%), Vitamin B5: 0.21mg (2.12%), Vitamin B3: 0.39mg (1.93%), Vitamin B1: 0.02mg (1.25%)