



Slow-Cooker Pizza Dunkers



Gluten Free

READY IN



165 min.

SERVINGS



10

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 oz turkey pepperoni chopped (half of 6-oz package)
- ☐ 0.3 cup spring onion chopped
- ☐ 14 oz tomato sauce
- ☐ 8 oz mozzarella cheese shredded
- ☐ 10 celery stalks soft

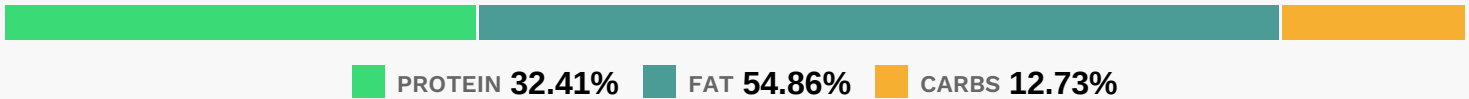
Equipment

- ☐ slow cooker

Directions

- ☐ In 1 1/2-quart slow cooker, mix pepperoni, onions and pizza sauce.
- ☐ Cover; cook on Low heat setting 2 hours (if slow cooker has heat settings, use Low).
- ☐ Stir in cheese. Cover; cook on Low heat setting 30 minutes longer or until mixture is hot and cheese has begun to melt.
- ☐ Serve dip with bread sticks.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:4.601739116337%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 99.59kcal (4.98%), Fat: 6.18g (9.51%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.76g (1.95%), Cholesterol: 28.38mg (9.46%), Sodium: 491.95mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.43%), Calcium: 125.7mg (12.57%), Phosphorus: 92.89mg (9.29%), Vitamin B12: 0.52µg (8.62%), Vitamin K: 7.98µg (7.6%), Zinc: 1.13mg (7.53%), Vitamin A: 372.22IU (7.44%), Selenium: 4.12µg (5.89%), Vitamin B2: 0.09mg (5.54%), Potassium: 190.6mg (5.45%), Vitamin E: 0.64mg (4.26%), Iron: 0.76mg (4.2%), Vitamin C: 3.37mg (4.09%), Magnesium: 14.92mg (3.73%), Copper: 0.07mg (3.43%), Fiber: 0.72g (2.9%), Manganese: 0.06mg (2.87%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.44mg (2.21%), Folate: 8.54µg (2.13%), Vitamin B5: 0.17mg (1.66%), Vitamin B1: 0.02mg (1.24%)