



Supreme Pizza Dip

 Popular

READY IN



60 min.

SERVINGS



10

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baguette ends trimmed sliced
- 0.3 cup olives black pitted chopped
- 28 ounce canned tomatoes crushed canned
- 0.5 cup bell pepper green finely chopped
- 10 servings kosher salt and pepper black freshly ground
- 4 ounces mozzarella cheese diced
- 2 tablespoons olive oil
- 1 cup onion finely chopped

- 0.5 teaspoon oregano dried
- 0.3 cup parmesan grated
- 4 ounces pepperoni
- 1 tablespoon tomato paste
- 2 cloves garlic whole minced

Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat the oven to 425 degrees F. Dice 3 ounces of the pepperoni. Thinly slice the remaining 1 ounce and set it aside to garnish the dip.
- Heat a medium cast-iron or ovenproof skillet over medium heat until hot.
- Add the diced pepperoni and cook, stirring, until crisp, 4 to 5 minutes.
- Add the onions, bell pepper, minced garlic, oregano, 3/4 teaspoon salt and some pepper. Continue to cook, stirring, until the onions are very tender and lightly browned, about 5 minutes.
- Stir in the tomato paste and cook, stirring, until it coats the vegetables and smells lightly toasted, about 1 minute. Stir in the tomatoes with their juice from the can. Reduce the heat and simmer, stirring occasionally, until the mixture is slightly thickened, about 15 minutes. Stir in the olives and Parmesan and remove from the heat. Season with additional salt and pepper.
- Meanwhile, toss the baguette slices with the oil and spread in a single layer on an ungreased baking sheet.
- Bake until lightly toasted and crisp, 7 to 9 minutes. Rub the slices with the whole garlic clove and set aside to cool.
- Preheat the broiler. Scatter the mozzarella and reserved sliced pepperoni over the dip in the skillet.

Place the skillet under the broiler and broil until the cheese is melted and lightly browned, 2 to 3 minutes.

Serve the dip warm with the garlic toasts on the side.

Nutrition Facts

PROTEIN 16.24% **FAT 48.63%** **CARBS 35.13%**

Properties

Glycemic Index:34.08, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:10.889565224233%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 233.01kcal (11.65%), Fat: 12.87g (19.8%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.19g (6.62%), Sugar: 5.89g (6.54%), Cholesterol: 21.66mg (7.22%), Sodium: 633.51mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Manganese: 0.4mg (19.75%), Vitamin C: 15.02mg (18.2%), Vitamin B1: 0.26mg (17.01%), Selenium: 10.85µg (15.51%), Calcium: 152.75mg (15.28%), Vitamin B3: 2.81mg (14.07%), Phosphorus: 133.42mg (13.34%), Iron: 2.32mg (12.87%), Vitamin E: 1.9mg (12.68%), Vitamin B6: 0.24mg (12.11%), Vitamin B2: 0.2mg (11.86%), Fiber: 2.73g (10.91%), Folate: 42.99µg (10.75%), Copper: 0.21mg (10.7%), Potassium: 365.1mg (10.43%), Vitamin K: 9.26µg (8.82%), Magnesium: 31.89mg (7.97%), Zinc: 1.15mg (7.65%), Vitamin B12: 0.44µg (7.27%), Vitamin A: 339.12IU (6.78%), Vitamin B5: 0.51mg (5.13%), Vitamin D: 0.21µg (1.37%)