



Veggie Pizza Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 0.3 cup mushrooms canned drained sliced coarsely chopped
- 0.3 cup basil fresh sliced
- 2 cloves garlic minced
- 0.3 cup pasilla peppers green chopped
- 0.5 cup milk italian* three cheese blend shredded 2% kraft
- 8 oz philadelphia neufchatel cheese softened
- 0.5 cup classico pizza sauce traditional

0.3 cup onions red chopped

Equipment

oven

Directions

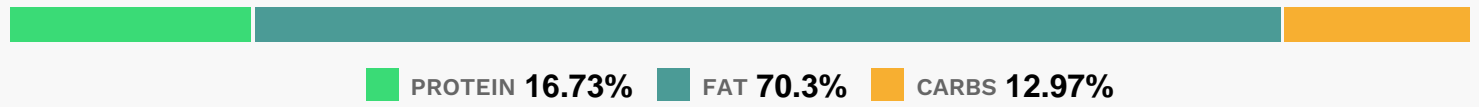
Heat oven to 350F.

Mix Neufchatel, pizza sauce and garlic until blended; spread onto bottom of 9-inch pie plate. Top with next 5 ingredients.

Bake 18 to 20 min. or until dip is heated through and shredded cheese is melted.

Top with basil.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.8530434663205%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 30.09kcal (1.5%), Fat: 2.44g (3.76%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.55g (0.61%), Cholesterol: 5.97mg (1.99%), Sodium: 79.08mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 1.85mg (2.24%), Vitamin A: 103.88IU (2.08%), Calcium: 15.41mg (1.54%), Phosphorus: 14mg (1.4%), Vitamin K: 1.23µg (1.17%), Vitamin E: 0.15mg (1.03%)