



Warm Italian Vegetable & Cheese Dip

READY IN



30 min.

SERVINGS



30

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small eggplant chopped
- 2 cloves garlic minced
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 30 servings multi-grain chips toasted
- 1 cup onions chopped
- 0.3 cup parmesan cheese grated kraft
- 1 cup pasilla peppers red chopped
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 1 large tomatoes chopped

1 zucchini chopped

Equipment

bowl

frying pan

Directions

Cook and stir eggplant, onions, peppers and garlic in dressing in large skillet on medium heat 8 min.

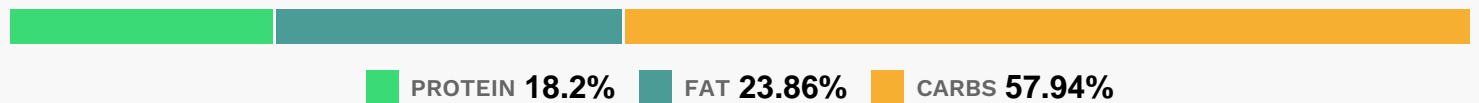
Stir in zucchini and tomatoes; cover. Simmer 5 to 7 min. or until tender. Stir in Parmesan cheese.

Spoon into serving bowl.

Sprinkle with mozzarella cheese.

Serve with the chips.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:7.65, Inflammation Score:-4, Nutrition Score:6.6869564681597%

Flavonoids

Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 98.47kcal (4.92%), Fat: 2.65g (4.08%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12g (4.36%), Sugar: 2.61g (2.9%), Cholesterol: 1.92mg (0.64%), Sodium: 153.74mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Manganese: 0.67mg (33.42%), Selenium: 7.94µg (11.34%), Vitamin C: 9.15mg (11.09%), Fiber: 2.48g (9.9%), Vitamin B1: 0.13mg (8.45%), Phosphorus: 84.03mg (8.4%), Vitamin B3: 1.46mg (7.32%), Calcium: 72.57mg (7.26%), Magnesium: 27.44mg (6.86%), Vitamin B6: 0.11mg (5.71%), Vitamin K:

5.85µg (5.57%), Folate: 21.12µg (5.28%), Vitamin A: 239.77IU (4.8%), Iron: 0.84mg (4.65%), Potassium: 158.73mg (4.54%), Zinc: 0.66mg (4.4%), Copper: 0.09mg (4.35%), Vitamin B2: 0.07mg (4.34%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.42mg (2.8%)