



## Zesty Hot Holiday Broccoli Dip

 **Gluten Free**  **Popular**

READY IN



40 min.

SERVINGS



25

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 oz broccoli frozen thawed drained chopped well
- 1 cup miracle whip dressing light
- 0.5 cup parmesan cheese grated kraft
- 2 oz pimentos diced drained
- 1 cup milk mozzarella cheese shredded 2% divided kraft

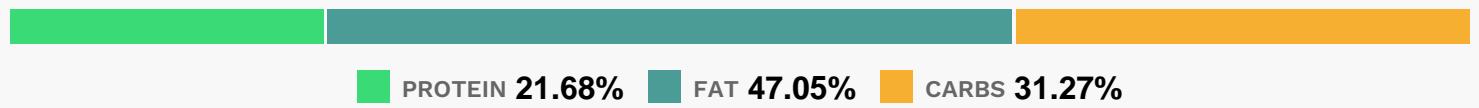
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Reserve 1/2 cup mozzarella.
- Combine remaining mozzarella with remaining ingredients.
- Spread broccoli mixture onto bottom of 1-qt. baking dish sprayed with cooking spray.
- Bake 20 to 25 min. or until heated through.
- Sprinkle with reserved mozzarella; bake 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:4.16, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.6460869467777%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 34.92kcal (1.75%), Fat: 1.89g (2.9%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.37g (1.52%), Cholesterol: 6.2mg (2.07%), Sodium: 147.59mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin C: 12.47mg (15.12%), Vitamin K: 11.94µg (11.37%), Calcium: 46.4mg (4.64%), Vitamin A: 185.48IU (3.71%), Phosphorus: 37.01mg (3.7%), Selenium: 1.75µg (2.5%), Fiber: 0.54g (2.16%), Vitamin B12: 0.13µg (2.15%), Vitamin B2: 0.03mg (2.03%), Folate: 7.74µg (1.93%), Zinc: 0.27mg (1.79%), Potassium: 52.29mg (1.49%), Manganese: 0.03mg (1.45%), Vitamin B6: 0.03mg (1.45%), Magnesium: 4.14mg (1.03%)