



Zesty Hot Holiday Broccoli Dip

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



22 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:2.6, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.6543478107323%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 21.82kcal (1.09%), Fat: 1.18g (1.81%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.85g (0.95%), Cholesterol: 3.87mg (1.29%), Sodium: 92.25mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin C: 7.8mg (9.45%), Vitamin K: 7.46µg (7.1%), Calcium: 29mg (2.9%), Vitamin A: 115.93IU (2.32%), Phosphorus: 23.13mg (2.31%), Selenium: 1.09µg (1.56%), Vitamin B12: 0.08µg (1.35%), Fiber: 0.34g (1.35%), Vitamin B2: 0.02mg (1.27%), Folate: 4.84µg (1.21%), Zinc: 0.17mg (1.12%)