

# Pizza Dip

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Family Circle Magazine - December 2013

## Yield: 4 1/2 cups

2 cans (14.5 ounce ea) diced tomatoes  
in juice, drained

1 can (15 ounce) tomato sauce

3/4 cup (3 ounces) pepperoni,  
chopped

1 small onion, grated

3 cloves garlic, minced

2 teaspoons Italian seasoning

1 teaspoon red wine vinegar

1 1/4 cups mozzarella cheese,  
shredded

Boboli pizza crusts, cut into wedges  
and toasted

## Preparation Time: 15 minutes

### Slow Cooker: 2 hours 30 minutes

Coat the bowl of a slow cooker with nonstick  
cooking spray.

In the slow cooker, place the diced tomatoes,  
tomato sauce, pepperoni, onion, garlic, Italian  
seasoning and vinegar.

Cover and cook on HIGH for 2-1/4 hours.

Sprinkle the mozzarella on top of the tomato  
mixture.

Cover and cook until the cheese melts, about 15  
minutes more.

Serve with the toasted Boboli wedges.

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Per Serving (excluding unknown  
items): 587 Calories; 36g Fat  
(53.1% calories from fat); 36g  
Protein; 35g Carbohydrate; 6g  
Dietary Fiber; 127mg Cholesterol;  
2076mg Sodium. Exchanges: 0  
Grain(Starch); 4 1/2 Lean Meat; 5  
Vegetable; 4 1/2 Fat; 0 Other  
Carbohydrates.

Appetizers, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	587	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	53.1%	<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>% Calories from Carbohydrates:</b>	23.3%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	23.7%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	36g	<b>Folacin (mcg):</b>	55mcg
<b>Saturated Fat (g):</b>	22g	<b>Niacin (mg):</b>	3mg

**Monounsaturated Fat (g):** 10g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 127mg  
**Carbohydrate (g):** 35g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 36g  
**Sodium (mg):** 2076mg  
**Potassium (mg):** 1228mg  
**Calcium (mg):** 888mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 25mg  
**Vitamin A (i.u.):** 3680IU  
**Vitamin A (r.e.):** 624RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 4 1/2  
**Vegetable:** 5  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 587                      **Calories from Fat:** 311

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### % Daily Values\*

<b>Total Fat</b>	36g	55%
Saturated Fat	22g	111%
<b>Cholesterol</b>	127mg	42%
<b>Sodium</b>	2076mg	87%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	6g	24%
<b>Protein</b>	36g	
<b>Vitamin A</b>		74%
<b>Vitamin C</b>		41%
<b>Calcium</b>		89%
<b>Iron</b>		14%

\* Percent Daily Values are based on a 2000 calorie diet.