



Alice's BLT Spread

 Gluten Free

READY IN



15 min.

SERVINGS



32

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup knudsen cream sour
- 0.5 cup lettuce shredded finely
- 1 cup real mayo mayonnaise kraft
- 12 oz oscar mayer center cut bacon crumbled cooked
- 1 large tomatoes chopped

Equipment

- bowl

Directions

- Mix sour cream and mayo in medium serving bowl until blended.
- Stir in bacon and tomatoes; top with lettuce.

Nutrition Facts

PROTEIN 6.12% **FAT 91.03%** **CARBS 2.85%**

Properties

Glycemic Index:3.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.7413043509359%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 107.34kcal (5.37%), Fat: 10.86g (16.71%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.46g (0.51%), Cholesterol: 14.2mg (4.73%), Sodium: 117.45mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin K: 12.24µg (11.66%), Selenium: 2.56µg (3.66%), Phosphorus: 23.83mg (2.38%), Vitamin B3: 0.47mg (2.35%), Vitamin B1: 0.03mg (2.27%), Vitamin E: 0.34mg (2.24%), Vitamin A: 106.29IU (2.13%), Vitamin B6: 0.04mg (1.84%), Vitamin B2: 0.02mg (1.38%), Potassium: 46.5mg (1.33%), Vitamin B12: 0.08µg (1.28%), Zinc: 0.17mg (1.14%), Vitamin C: 0.88mg (1.06%), Vitamin B5: 0.1mg (1.01%)