



## Bacon and Chile Queso Fundido

 Gluten Free

READY IN



37 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon
- 4 ounces philadelphia cream cheese softened
- 1 clove garlic minced
- 1 poblano chile halved lengthwise seeded chopped
- 8 ounce queso quesadilla cheese shredded with a touch of philadelphia kraft

### Equipment

- frying pan
- oven

## Directions

- Heat oven to 350 degrees F.
- Cook bacon in skillet until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Add chiles and garlic to skillet; cook and stir 3 min. or until tender.
- Crumble bacon.
- Spread cream cheese onto bottom of 9-inch pie plate; cover with half each of the bacon and chiles. Top with shredded cheese, remaining bacon and chiles.
- Bake 10 to 12 min. or until hot and bubbly.

## Nutrition Facts

 **PROTEIN 19.77%**  **FAT 76.61%**  **CARBS 3.62%**

## Properties

Glycemic Index:8.38, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.3582608660926%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 190.02kcal (9.5%), Fat: 16.36g (25.16%), Saturated Fat: 8.9g (55.62%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.89g (0.99%), Cholesterol: 51.91mg (17.3%), Sodium: 259.59mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Calcium: 218.97mg (21.9%), Vitamin C: 12.08mg (14.64%), Vitamin A: 249.51IU (4.99%), Selenium: 3.48µg (4.98%), Vitamin B6: 0.08mg (3.76%), Phosphorus: 34.56mg (3.46%), Vitamin B1: 0.04mg (2.86%), Vitamin B2: 0.05mg (2.71%), Vitamin B3: 0.53mg (2.65%), Potassium: 68.03mg (1.94%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.22mg (1.5%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.09µg (1.44%), Manganese: 0.03mg (1.36%), Vitamin K: 1.4µg (1.34%), Magnesium: 4.18mg (1.04%), Fiber: 0.26g (1.04%)