



Bacon Avocado Cream Cheese Dip

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 avocado pitted cubed peeled
- ☐ 5 slices bacon cooked chopped
- ☐ 4 ounce cream cheese softened
- ☐ 3 green onions chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup salsa

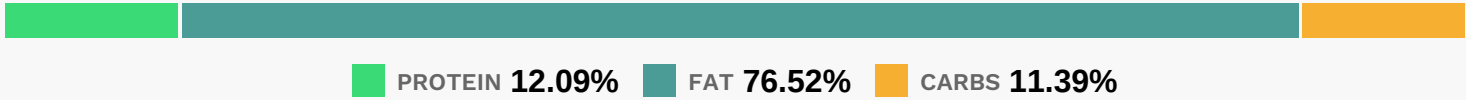
Equipment

- ☐ bowl

Directions

☐ Mix cream cheese, salsa, bacon, green onions, salt, and pepper in a bowl; top with avocado cubes.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:6.8660869404026%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 194.07kcal (9.7%), Fat: 17.01g (26.16%), Saturated Fat: 7.47g (46.68%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.06g (2.29%), Cholesterol: 38.53mg (12.84%), Sodium: 366.84mg (15.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Vitamin K: 25.35µg (24.14%), Vitamin A: 589.39IU (11.79%), Selenium: 7.81µg (11.16%), Phosphorus: 90.89mg (9.09%), Fiber: 2.24g (8.94%), Vitamin B3: 1.74mg (8.72%), Vitamin B6: 0.17mg (8.42%), Potassium: 277.27mg (7.92%), Vitamin B2: 0.13mg (7.86%), Folate: 29.33µg (7.33%), Vitamin E: 1.05mg (7.03%), Vitamin B5: 0.66mg (6.63%), Vitamin B1: 0.09mg (6.01%), Vitamin C: 4.51mg (5.47%), Zinc: 0.68mg (4.52%), Magnesium: 17.35mg (4.34%), Manganese: 0.09mg (4.33%), Calcium: 43.09mg (4.31%), Copper: 0.08mg (4.14%), Vitamin B12: 0.17µg (2.86%), Iron: 0.48mg (2.64%)