



## Bacon-Blueberry White Cheddar Dip

READY IN



50 min.

SERVINGS



12

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb sharp cheddar cheese shredded white finely
- 1 lb bacon cooked chopped
- 4 cups blueberries fresh
- 1 crusty baguette french sliced
- 1 serving olive oil for drizzling

### Equipment

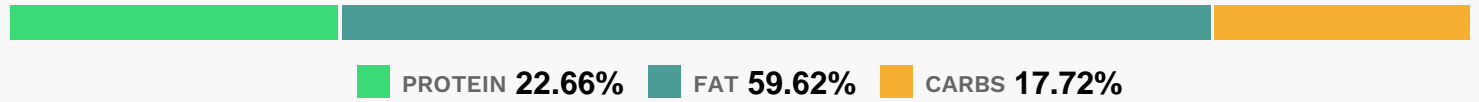
- bowl
- baking sheet

- oven
- baking pan

## Directions

- Heat oven to 375°F. In large bowl, stir together cream cheese and Cheddar cheese until combined. Stir in bacon. Fold in blueberries. Spoon mixture into ungreased 1 1/2-quart ovenproof baking dish.
- Bake on center oven rack 40 minutes or until top is golden brown and bubbly.
- Meanwhile, place baguette slices cut side down on ungreased cookie sheet.
- Drizzle bread lightly with oil.
- Place on lower oven rack; bake, flipping slices every few minutes, until toasted.
- Serve dip immediately with toasted baguette slices.

## Nutrition Facts



## Properties

Glycemic Index:11.56, Glycemic Load:9.51, Inflammation Score:-5, Nutrition Score:14.166521652885%

## Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 423.51kcal (21.18%), Fat: 28.02g (43.1%), Saturated Fat: 12.08g (75.51%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 17.12g (6.22%), Sugar: 6.02g (6.68%), Cholesterol: 75.22mg (25.07%), Sodium: 1011.5mg (43.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.93%), Selenium: 33.49µg (47.85%),

Phosphorus: 345.49mg (34.55%), Calcium: 296.25mg (29.62%), Vitamin B3: 5.14mg (25.7%), Vitamin B1: 0.36mg (24.14%), Vitamin B2: 0.34mg (20.09%), Zinc: 2.79mg (18.58%), Vitamin B6: 0.28mg (13.78%), Manganese: 0.27mg (13.73%), Vitamin B12: 0.81µg (13.54%), Vitamin K: 11.76µg (11.2%), Vitamin A: 419.38IU (8.39%), Folate: 33.19µg (8.3%), Potassium: 281.56mg (8.04%), Magnesium: 30.3mg (7.58%), Vitamin B5: 0.72mg (7.18%), Iron: 1.28mg (7.13%), Fiber: 1.62g (6.49%), Vitamin E: 0.95mg (6.35%), Vitamin C: 4.79mg (5.8%), Copper: 0.11mg (5.27%), Vitamin D: 0.38µg (2.52%)