



Bacon-Blueberry White Cheddar Dip

READY IN



50 min.

SERVINGS



12

CALORIES



537 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

- bowl
- baking sheet

- oven
- baking pan

Directions

- Heat oven to 375F. 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

PROTEIN 17.8% **FAT 68.28%** **CARBS 13.92%**

Properties

Glycemic Index:11.56, Glycemic Load:9.51, Inflammation Score:-5, Nutrition Score:15.040434630021%

Flavonoids

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Nutrients (% of daily need)

Calories: 536.96kcal (26.85%), Fat: 40.85g (62.85%), Saturated Fat: 13.85g (86.58%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 17.12g (6.22%), Sugar: 6.02g (6.68%), Cholesterol: 75.22mg (25.07%), Sodium:

1011.76mg (43.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.93%), Selenium: 33.49µg (47.85%), Phosphorus: 345.49mg (34.55%), Calcium: 296.37mg (29.64%), Vitamin B3: 5.14mg (25.7%), Vitamin B1: 0.36mg (24.14%), Vitamin B2: 0.34mg (20.09%), Vitamin E: 2.8mg (18.67%), Zinc: 2.79mg (18.58%), Vitamin K: 19.48µg (18.55%), Vitamin B6: 0.28mg (13.78%), Manganese: 0.27mg (13.73%), Vitamin B12: 0.81µg (13.54%), Vitamin A: 419.38IU (8.39%), Folate: 33.19µg (8.3%), Potassium: 281.68mg (8.05%), Magnesium: 30.3mg (7.58%), Iron: 1.35mg (7.53%), Vitamin B5: 0.72mg (7.18%), Fiber: 1.62g (6.49%), Vitamin C: 4.79mg (5.8%), Copper: 0.11mg (5.27%), Vitamin D: 0.38µg (2.52%)