



Bacon-Cheddar Dip

READY IN



70 min.

SERVINGS



18

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

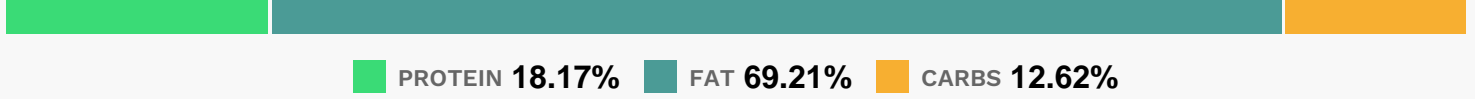
- 16 oz knudsen cream light sour
- 2 green onions sliced
- 0.3 cup oscar mayer real bacon bits
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 1 large wheat snack crackers thin

Equipment

Directions

- Mix all ingredients except crackers.
- Refrigerate 1 hour.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.746521756053%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 66.41kcal (3.32%), Fat: 5.16g (7.94%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.08g (0.75%), Sugar: 0.12g (0.13%), Cholesterol: 17.34mg (5.78%), Sodium: 110.08mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Calcium: 80.94mg (8.09%), Phosphorus: 47.14mg (4.71%), Selenium: 2.57µg (3.67%), Vitamin B2: 0.06mg (3.47%), Vitamin A: 158.85IU (3.18%), Vitamin K: 3.04µg (2.89%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.36mg (2.41%), Potassium: 61.94mg (1.77%), Folate: 4.94µg (1.24%), Magnesium: 4.48mg (1.12%)