



Bacon Cheddar Spread

 Gluten Free

READY IN



85 min.

SERVINGS



3

CALORIES



802 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 10 slices bacon
- ☐ 1 tablespoon onion grated
- ☐ 1 cup creamy salad dressing
- ☐ 2 cups cheddar cheese shredded

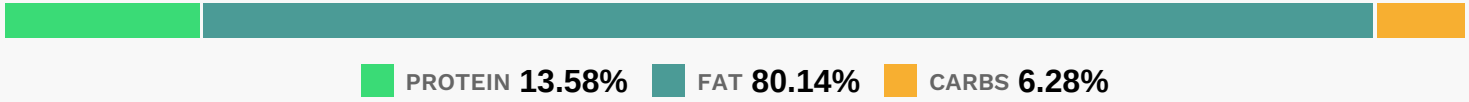
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain and crumble.
- ☐ In a medium bowl, mix together crumbled bacon, Cheddar cheese, grated onion and creamy salad dressing. Chill in the refrigerator approximately 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:16.882173980708%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 802.49kcal (40.12%), Fat: 71.25g (109.62%), Saturated Fat: 26.53g (165.79%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 12.51g (4.55%), Sugar: 8.85g (9.83%), Cholesterol: 123.73mg (41.24%), Sodium: 1756.13mg (76.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.33%), Calcium: 547.22mg (54.72%), Selenium: 37.64µg (53.78%), Phosphorus: 463.34mg (46.33%), Vitamin K: 45.69µg (43.51%), Zinc: 3.69mg (24.6%), Vitamin B2: 0.39mg (23.09%), Vitamin B12: 1.17µg (19.42%), Vitamin E: 2.6mg (17.31%), Vitamin A: 810.24IU (16.2%), Vitamin B1: 0.24mg (16.1%), Vitamin B3: 3.1mg (15.48%), Vitamin B6: 0.3mg (15.06%), Magnesium: 33.39mg (8.35%), Potassium: 273.87mg (7.82%), Vitamin B5: 0.72mg (7.22%), Vitamin D: 0.75µg (4.97%), Folate: 16.45µg (4.11%), Copper: 0.07mg (3.59%), Iron: 0.63mg (3.51%), Manganese: 0.04mg (2.21%)