



Bacon Cheese Dip

READY IN



45 min.

SERVINGS



6

CALORIES



1380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

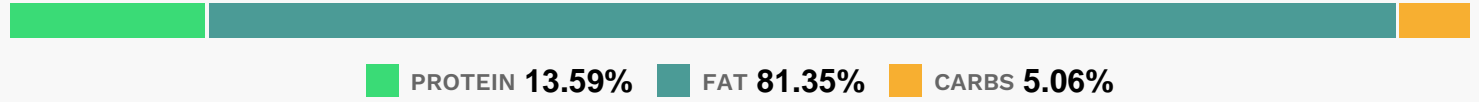
- 1 pound bacon crumbled cooked
- 6 servings round buttery crackers assorted
- 2 cups mayonnaise
- 0.5 cup onion finely chopped
- 1 cup pecans chopped
- 16 oz cheddar cheese shredded finely

Equipment

Directions

- Mix together all ingredients except crackers; chill.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:32.20434767267%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 1379.56kcal (68.98%), Fat: 124.9g (192.15%), Saturated Fat: 34.32g (214.52%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 15.15g (5.51%), Sugar: 3.26g (3.63%), Cholesterol: 181.8mg (60.6%), Sodium: 2380.26mg (103.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.93g (93.86%), Vitamin K: 132.21µg (125.91%), Selenium: 62.93µg (89.9%), Phosphorus: 753.11mg (75.31%), Calcium: 589.2mg (58.92%), Manganese: 0.95mg (47.53%), Vitamin B3: 8.99mg (44.93%), Vitamin B1: 0.65mg (43.3%), Zinc: 6.14mg (40.95%), Vitamin B2: 0.59mg (34.86%), Vitamin B12: 1.72µg (28.58%), Vitamin E: 4.15mg (27.66%), Vitamin B6: 0.53mg (26.32%), Copper: 0.36mg (18.08%), Magnesium: 70.95mg (17.74%), Vitamin A: 844.44IU (16.89%), Potassium: 563.37mg (16.1%), Vitamin B5: 1.52mg (15.17%), Iron: 2.2mg (12.22%), Folate: 37.66µg (9.41%), Fiber: 2.34g (9.35%), Vitamin D: 0.91µg (6.04%), Vitamin C: 1.19mg (1.44%)