



Bacon-Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 4 bacon crumbled cooked
- ☐ 3 ounce cream cheese softened
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons onion diced
- ☐ 0.5 cup cream sour

Equipment

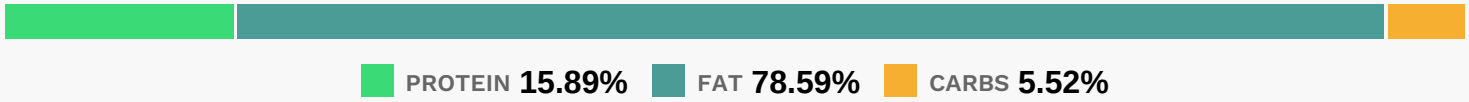
- ☐ food processor

☐ blender

Directions

- ☐ Process first 5 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Stir in half of bacon. Cover and chill 2 hours.
- ☐ Sprinkle with remaining bacon.
- ☐ Serve with crackers, raw vegetables, or potato chips.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:4.2200000357369%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg 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: 180.58kcal (9.03%), Fat: 15.89g (24.45%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.42g (1.58%), Cholesterol: 45.08mg (15.03%), Sodium: 359.73mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Calcium: 134.26mg (13.43%), Phosphorus: 124.54mg (12.45%), Selenium: 7.39µg (10.56%), Vitamin A: 456.15IU (9.12%), Vitamin B2: 0.15mg (8.84%), Vitamin B12: 0.36µg (6%), Zinc: 0.81mg (5.37%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.79mg (3.94%), Potassium: 122.65mg (3.5%), Vitamin B1: 0.04mg (2.93%), Folate: 9.87µg (2.47%), Magnesium: 9.53mg (2.38%), Vitamin E: 0.27mg (1.77%), Copper: 0.02mg (1.02%)