



Bacon-Cheese Dip

READY IN



20 min.

SERVINGS



20

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cheese blue crumbled
- ☐ 4 bacon crumbled cooked
- ☐ 20 servings round buttery crackers assorted
- ☐ 3 oz cream cheese softened
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons onion diced
- ☐ 20 servings garnishes: parsley fresh blue chopped
- ☐ 0.5 cup cup heavy whipping cream sour

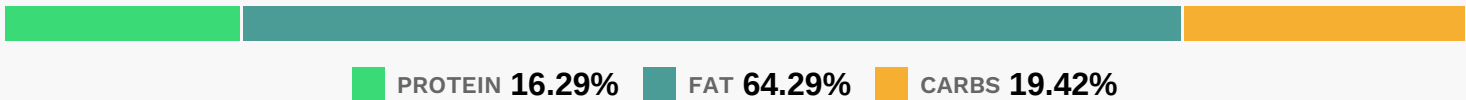
Equipment

- ☐ 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.
- ☐ Let stand at room temperature 15 minutes before serving.
- ☐ Sprinkle with remaining bacon.
- ☐ Garnish, if desired.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:6.6247825752134%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 238.79kcal (11.94%), Fat: 17.09g (26.3%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.23g (4.08%), Sugar: 1.88g (2.09%), Cholesterol: 36.02mg (12.01%), Sodium: 594.04mg (25.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.49%), Calcium: 223.32mg (22.33%), Phosphorus: 197.14mg (19.71%), Vitamin B2: 0.2mg (11.89%), Selenium: 7.3µg (10.43%), Vitamin K: 9.04µg (8.61%), Vitamin B12: 0.47µg (7.9%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.74mg (7.39%), Vitamin A: 365.75IU (7.31%), Vitamin B3: 1.32mg (6.62%), Folate: 25.28µg (6.32%), Vitamin B1: 0.09mg (6.17%), Vitamin E: 0.71mg (4.75%), Iron: 0.85mg (4.73%), Manganese: 0.09mg (4.62%), Vitamin B6: 0.08mg (4.17%), Potassium: 132.64mg (3.79%), Magnesium: 12.8mg (3.2%), Copper: 0.04mg (1.9%), Fiber: 0.39g (1.54%), Vitamin D: 0.18µg (1.23%)