



Bacon & Chile Queso Fundido

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon
- 4 oz philadelphia cream cheese softened ()
- 1 clove garlic minced
- 8 oz pepper jack cheese shredded kraft
- 1 poblano chile halved lengthwise seeded chopped

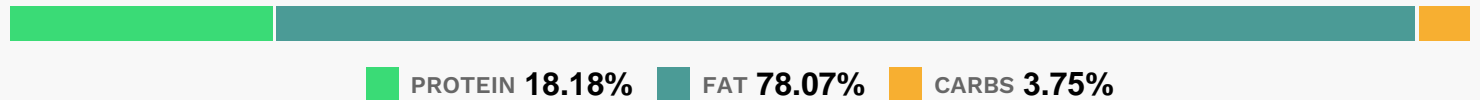
Equipment

- frying pan
- microwave

Directions

- Cook bacon in skillet until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Add chiles and garlic to skillet; cook and stir 3 min. or until tender.
- Crumble bacon.
- Spread cream cheese onto bottom of 9-inch microwaveable pie plate; cover with half each of the bacon and chiles. Top with shredded cheese, remaining bacon and chiles.
- Microwave on MEDIUM (50%) 4 to 6 min. or until cheese is melted and dip is heated through.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.7617391451545%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 102.38kcal (5.12%), Fat: 8.93g (13.74%), Saturated Fat: 4.87g (30.47%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.52g (0.58%), Cholesterol: 23.4mg (7.8%), Sodium: 143.97mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Calcium: 113.98mg (11.4%), Phosphorus: 80.21mg (8.02%), Vitamin C: 6.04mg (7.32%), Selenium: 3.8µg (5.42%), Vitamin A: 233.76IU (4.68%), Vitamin B2: 0.08mg (4.61%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.16µg (2.68%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.02mg (1.57%), Magnesium: 5.92mg (1.48%), Vitamin B3: 0.28mg (1.39%), Potassium: 45.49mg (1.3%), Vitamin B5: 0.11mg (1.09%), Vitamin K: 1.06µg (1.01%)