



Bacon Dijon Cheddar Dip

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 8 ounces cream cheese softened
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 cup sharp cheddar cheese shredded

Equipment

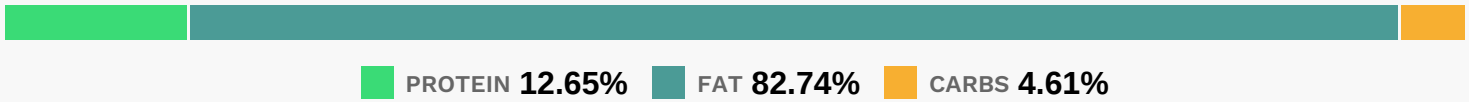
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ hand mixer

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate, let cool, and crumble the bacon.
- ☐ Place the cream cheese, Cheddar cheese, and Dijon mustard into a bowl, and mix on medium speed with an electric mixer until the ingredients are thoroughly blended. Stir in the onion and crumbled bacon, and spoon into a serving bowl. Refrigerate for 2 hours to blend the flavors, and sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:3.9569565284511%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 204.87kcal (10.24%), Fat: 18.99g (29.21%), Saturated Fat: 9.91g (61.92%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.25g (1.38%), Cholesterol: 50.02mg (16.67%), Sodium: 274.94mg (11.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Selenium: 9.3µg (13.28%), Calcium: 129.67mg (12.97%), Phosphorus: 113.62mg (11.36%), Vitamin A: 527.72IU (10.55%), Vitamin B2: 0.14mg (8.14%), Zinc: 0.81mg (5.37%), Vitamin B12: 0.27µg (4.45%), Vitamin B1: 0.05mg (3.04%), Vitamin B6: 0.06mg (2.96%), Vitamin B5: 0.29mg (2.9%), Vitamin E: 0.4mg (2.69%), Vitamin B3: 0.49mg (2.44%), Magnesium: 8.84mg (2.21%), Potassium: 76.54mg (2.19%), Folate: 6.12µg (1.53%)