



WHATSheATE



Bacon Double Cheese Burger Dip



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



652 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 strips bacon cut into 1 inch pieces
- ☐ 4 ounces cream cheese room temperature
- ☐ 1 clove garlic chopped
- ☐ 0.5 pound ground beef
- ☐ 2 tablespoon catsup
- ☐ 0.3 cup mayonnaise
- ☐ 1 small onion diced
- ☐ 0.5 cup cheddar cheese shredded

- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

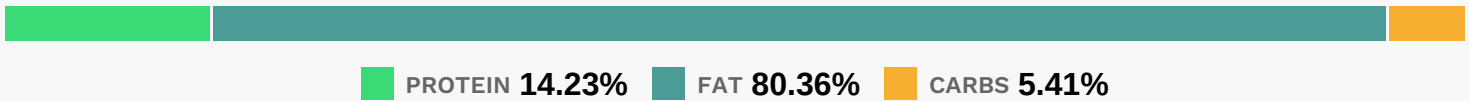
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the ground beef in a pan over medium heat, set it aside and drain the grease from the pan.Cook the bacon in the pan until crispy, about 6–10 minutes, set aside and drain all but a tablespoon of the grease.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Mix the ground beef, bacon, onions and garlic, cream cheese, sour cream, mayonnaise, mozzarella, cheddar, worcestershire sauce and ketchup and pour it into a baking dish.
- ☐ Bake in a preheated 350F oven until the top starts turning a light golden brown and then sides are bubbling, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:14.297826150189%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 651.57kcal (32.58%), Fat: 58.2g (89.54%), Saturated Fat: 23.57g (147.31%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.47g (3.08%), Sugar: 5.09g (5.65%), Cholesterol: 138.7mg (46.23%), Sodium: 747.54mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Selenium: 25.61µg (36.58%), Vitamin B12: 1.99µg (33.11%), Phosphorus: 317.2mg (31.72%), Zinc: 4mg (26.69%), Calcium: 251.13mg (25.11%), Vitamin K: 25.88µg (24.65%), Vitamin B2: 0.35mg (20.72%), Vitamin B3: 3.96mg (19.8%), Vitamin B6: 0.36mg (17.84%), Vitamin A: 859.58IU (17.19%), Potassium: 399.73mg (11.42%), Vitamin B1: 0.15mg (10.05%), Vitamin E: 1.44mg (9.57%), Iron: 1.7mg (9.45%), Vitamin B5: 0.86mg (8.58%), Magnesium: 29.24mg (7.31%), Copper: 0.09mg (4.58%), Folate: 17.25µg (4.31%), Manganese: 0.06mg (3.24%), Vitamin C: 2.65mg (3.21%), Vitamin D: 0.36µg (2.38%), Fiber: 0.34g (1.34%)