



## Bacon-Horseradish Dip

READY IN



45 min.

SERVINGS



7

CALORIES



661 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 7 servings roasted-garlic bagel chips assorted
- ☐ 12 slices bacon crumbled cooked
- ☐ 24 oz cream cheese softened
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onion chopped
- ☐ 1 cup half-and-half
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.5 teaspoon pepper
- ☐ 12 oz cheddar cheese shredded

☐ 1 tablespoon worcestershire sauce

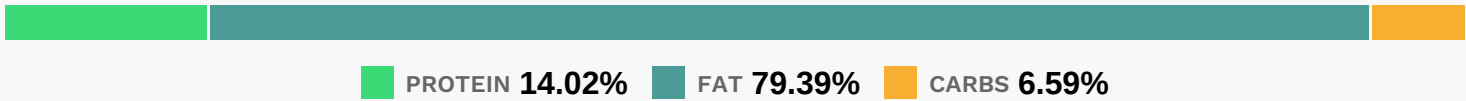
## Equipment

☐ slow cooker

## Directions

- ☐ Combine all ingredients except bacon and chips or crackers in a slow cooker. Cover and cook on low setting for 4 to 5 hours, or on high setting for 2 to 2 1/2 hours, stirring once halfway through. Just before serving, stir in bacon.
- ☐ Serve with bagel chips or crackers.

## Nutrition Facts



## Properties

Glycemic Index:26.14, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:14.994347872941%

## Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 661.35kcal (33.07%), Fat: 58.97g (90.73%), Saturated Fat: 33.07g (206.68%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.57g (3.85%), Sugar: 6.2g (6.88%), Cholesterol: 172.45mg (57.48%), Sodium: 945.18mg (41.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.87%), Calcium: 488.97mg (48.9%), Selenium: 30.58µg (43.69%), Phosphorus: 420.05mg (42%), Vitamin A: 1970.22IU (39.4%), Vitamin B2: 0.55mg (32.17%), Zinc: 2.92mg (19.45%), Vitamin B12: 0.94µg (15.74%), Vitamin K: 13.88µg (13.22%), Vitamin B5: 1.03mg (10.27%), Vitamin B6: 0.2mg (10.13%), Potassium: 335.23mg (9.58%), Vitamin E: 1.38mg (9.17%), Vitamin B1: 0.13mg (8.75%), Vitamin B3: 1.67mg (8.34%), Magnesium: 33.15mg (8.29%), Folate: 26.96µg (6.74%), Vitamin C: 3.52mg (4.27%), Manganese: 0.07mg (3.72%), Iron: 0.63mg (3.52%), Copper: 0.07mg (3.47%), Vitamin D: 0.35µg (2.31%), Fiber: 0.43g (1.74%)