



Bacon Horseradish Dip

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 0.5 teaspoon parsley fresh chopped
- ☐ 0.3 cup horseradish prepared
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup mayonnaise
- ☐ 1 pint cup heavy whipping cream sour

Equipment

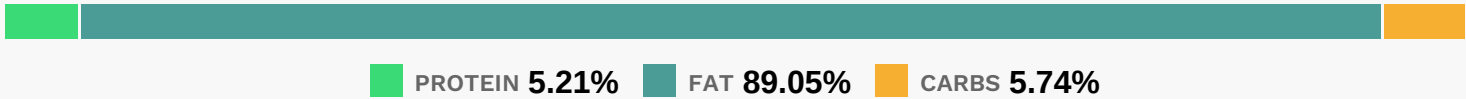
- ☐ bowl

☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a large bowl, combine horseradish, sour cream, mayonnaise and lemon juice. Stir well. Stir in bacon; cover and refrigerate one hour. Stir and top with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.6539130081301%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 22.84g (35.15%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.23g (2.48%), Cholesterol: 41.33mg (13.78%), Sodium: 198.41mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin K: 19.13µg (18.22%), Selenium: 4.83µg (6.9%), Vitamin A: 307.67IU (6.15%), Phosphorus: 59.42mg (5.94%), Vitamin B2: 0.09mg (5.54%), Calcium: 52.89mg (5.29%), Vitamin E: 0.61mg (4.06%), Vitamin C: 3.09mg (3.74%), Vitamin B1: 0.05mg (3.21%), Vitamin B6: 0.06mg (3.06%), Potassium: 105.4mg (3.01%), Vitamin B3: 0.6mg (3%), Vitamin B12: 0.18µg (2.98%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.38mg (2.53%), Magnesium: 8.23mg (2.06%), Folate: 7.43µg (1.86%), Copper: 0.02mg (1.01%)