



Bacon, Lettuce and Tomato Dip

READY IN



30 min.

SERVINGS



16

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cream sour with chives and onions
- 0.3 cup salad dressing
- 0.5 cup bacon crumbled cooked (8 slices)
- 1.5 cups the of 1 cos lettuce shredded
- 0.5 cup roma tomatoes chopped (plum)
- 1 tablespoon chives fresh chopped
- 32 slices bread french baguette-style () (from 10-ounce loaf)

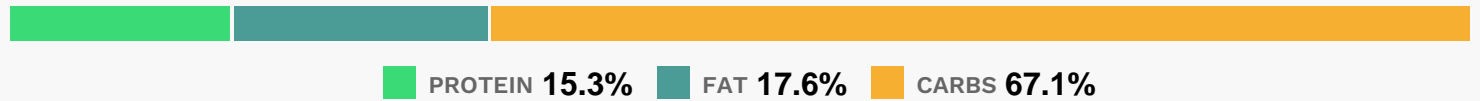
Equipment

bowl

Directions

- Mix sour cream and mayonnaise in small bowl until blended. Stir in bacon.
- Arrange lettuce in shallow bowl or on small platter. Spoon sour cream mixture over lettuce. Top with tomatoes; sprinkle with chives.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:10.22, Glycemic Load:51.29, Inflammation Score:-7, Nutrition Score:17.566521726225%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 404.1kcal (20.2%), Fat: 7.93g (12.2%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 68.04g (22.68%), Net Carbohydrates: 65.04g (23.65%), Sugar: 7.05g (7.83%), Cholesterol: 11.98mg (3.99%), Sodium: 871.53mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin B1: 0.94mg (62.55%), Selenium: 39.02µg (55.75%), Folate: 165.6µg (41.4%), Manganese: 0.69mg (34.51%), Vitamin B2: 0.58mg (34.32%), Vitamin B3: 6.62mg (33.09%), Iron: 5.12mg (28.46%), Phosphorus: 162.78mg (16.28%), Fiber: 3g (12.01%), Magnesium: 45.18mg (11.3%), Vitamin A: 545.72IU (10.91%), Copper: 0.21mg (10.42%), Zinc: 1.51mg (10.09%), Vitamin B6: 0.17mg (8.68%), Calcium: 84.31mg (8.43%), Vitamin K: 8.67µg (8.25%), Potassium: 217.39mg (6.21%), Vitamin B5: 0.53mg (5.29%), Vitamin E: 0.46mg (3.1%), Vitamin C: 1.44mg (1.75%), Vitamin B12: 0.07µg (1.14%)