



Bacon-Tomato Dip

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream sour reduced-fat
- 0.3 cup salad dressing reduced-fat
- 2 tablespoons oz. bacon into pieces cooked (from 2.8-oz package)
- 0.8 cup tomatoes diced seeded
- 2 tablespoons spring onion sliced
- 1 slices cauliflower florets fresh assorted (bell pepper strips, broccoli, cauliflower florets, cucumber radishes)

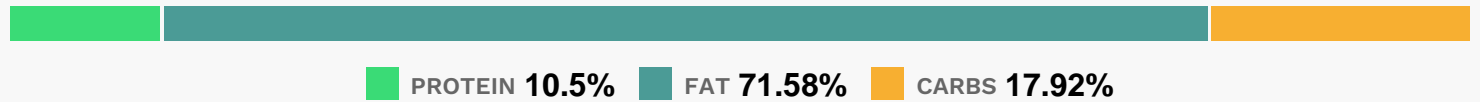
Equipment

bowl

Directions

- In medium bowl, mix sour cream and mayonnaise. Stir in bacon, tomato and onions.
- Serve with vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.4430434694109%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 48.59kcal (2.43%), Fat: 3.92g (6.03%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.52g (0.58%), Cholesterol: 10.03mg (3.34%), Sodium: 82.99mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin K: 10.67µg (10.16%), Vitamin A: 158.78IU (3.18%), Calcium: 28.62mg (2.86%), Vitamin C: 1.69mg (2.05%), Potassium: 67.75mg (1.94%), Phosphorus: 18.96mg (1.9%), Vitamin B2: 0.03mg (1.49%), Vitamin B12: 0.08µg (1.32%), Folate: 4.16µg (1.04%)