

Baked BLT Dip

 Gluten Free

READY IN



40 min.

SERVINGS



20

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon cooked
- 1 cup mayonnaise
- 1 cup cream sour
- 8 ounces cream cheese softened
- 1.5 cups cheddar cheese
- 1 tomatoes seeded chopped
- 0.3 cup spring onion chopped
- 1 serving spring onion cooked for garnish, if desired

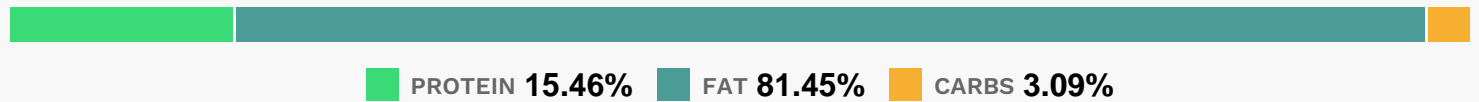
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 350°F degrees.
- Mix mayonnaise, sour cream, and cream cheese in a bowl until thoroughly combined. Crumble bacon into mixture and stir.
- Add cheddar cheese, green onions, and tomato and mix well.
- Pour into a shallow dish or pie pan and bake for 20 minutes or until bubbling.
- Garnish with additional green onions, tomato, and crumbled bacon.
- Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.6408695617448%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 280.94kcal (14.05%), Fat: 25.37g (39.03%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2.05g (0.75%), Sugar: 1.11g (1.23%), Cholesterol: 53.87mg (17.96%), Sodium: 547.29mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Selenium: 15.56µg (22.24%), Vitamin K: 22.56µg (21.49%), Phosphorus: 152.09mg (15.21%), Vitamin B3: 2.45mg (12.26%), Vitamin B1: 0.14mg (9.24%), Calcium: 87.65mg (8.77%), Vitamin B2: 0.14mg (8.23%), Vitamin A: 391.21IU (7.82%), Zinc: 1.13mg (7.55%), Vitamin B6: 0.14mg (7.25%), Vitamin B12: 0.4µg (6.66%), Potassium: 170.13mg (4.86%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.42mg (4.18%), Magnesium: 12.59mg (3.15%), Copper: 0.04mg (1.89%), Iron: 0.31mg (1.74%), Vitamin C: 1.24mg (1.5%),

Folate: 5.96 μ g (1.49%), Vitamin D: 0.16 μ g (1.09%)