



Baked BLT Dip



Gluten Free



Popular

READY IN



40 min.

SERVINGS



20

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

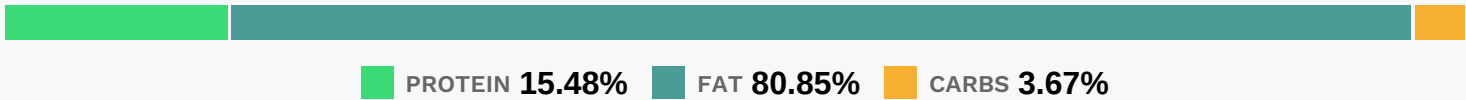
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350F 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:0.43, Inflammation Score:-4, Nutrition Score:7.4639130364294%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 282.76kcal (14.14%), Fat: 25.38g (39.04%), Saturated Fat: 9.12g (56.97%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.32g (0.84%), Sugar: 1.24g (1.38%), Cholesterol: 53.87mg (17.96%), Sodium: 548.2mg (23.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Vitamin K: 34.36µg (32.73%), Selenium: 15.6µg (22.28%), Phosphorus: 154.2mg (15.42%), Vitamin B3: 2.48mg (12.41%), Vitamin B1: 0.14mg (9.45%), Calcium: 91.76mg (9.18%), Vitamin A: 448.04IU (8.96%), Vitamin B2: 0.14mg (8.5%), Zinc: 1.16mg (7.7%), Vitamin B6: 0.15mg (7.42%), Vitamin B12: 0.4µg (6.66%), Potassium: 185.87mg (5.31%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.42mg (4.22%), Magnesium: 13.73mg (3.43%), Vitamin C: 2.31mg (2.8%), Folate: 9.61µg (2.4%), Iron: 0.4mg (2.21%),

Copper: 0.04mg (2.12%), Manganese: 0.03mg (1.39%), Vitamin D: 0.16µg (1.09%), Fiber: 0.26g (1.05%)