



Baked Potato" Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 1 cup knudsen cream light sour
- 2 green onions divided sliced
- 0.5 cup milk
- 30 servings ritz chips original toasted
- 0.5 cup potato flakes instant
- 2 Tbsp oscar mayer real bacon bits
- 1 cup milk sharp cheddar cheese shredded 2% kraft

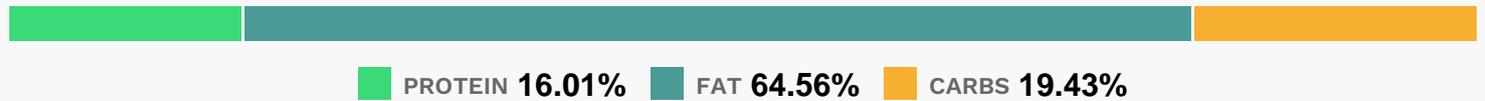
Equipment

- bowl
- oven

Directions

- Heat oven to 350F.
- Mix potato flakes and milk in large bowl; let stand 5 min. or until milk is absorbed.
- Add sour cream, cream cheese spread and half the onions; mix well.
- Spoon into 9-inch pie plate; sprinkle with shredded cheese and bacon bits.
- Bake 15 to 20 min. or until shredded cheese is melted and dip is heated through.
- Sprinkle with remaining onions.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.2308695679126%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 45.68kcal (2.28%), Fat: 3.3g (5.07%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.39g (0.44%), Cholesterol: 9.95mg (3.32%), Sodium: 70.17mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Calcium: 47.92mg (4.79%), Phosphorus: 29.43mg (2.94%), Vitamin A: 113.5IU (2.27%), Selenium: 1.52µg (2.18%), Vitamin B2: 0.03mg (1.97%), Vitamin K: 1.88µg (1.79%), Vitamin B12: 0.09µg (1.57%), Zinc: 0.21mg (1.38%), Vitamin C: 1.09mg (1.32%), Potassium: 42.74mg (1.22%), Vitamin B1: 0.02mg (1.17%)