



Barbecue Bean Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup spicy barbecue sauce
- ☐ 14.5 ounce cannellini beans rinsed drained canned
- ☐ 4 slices bacon crumbled cooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 ounces cheddar cheese shredded
- ☐ 1 small onion sweet chopped
- ☐ 0.3 cup tomato sauce
- ☐ 1 scoops corn chip

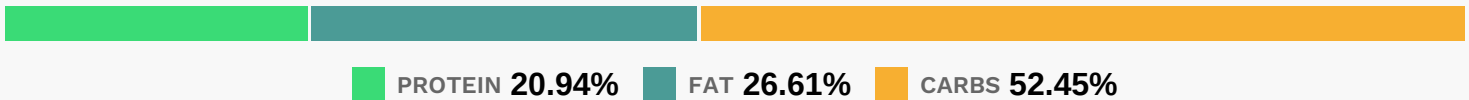
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Process bacon and next 5 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Spread bacon mixture into a 1-quart baking dish or a 9-inch pie plate.
- ☐ Bake at 350 for 20 minutes; sprinkle cheese evenly over top, and bake 5 more minutes.
- ☐ Serve immediately with chips.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:6.3095652331477%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 137.09kcal (6.85%), Fat: 4.13g (6.35%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 15.22g (5.53%), Sugar: 5.35g (5.94%), Cholesterol: 11.05mg (3.68%), Sodium: 247.32mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Folate: 53.57µg (13.39%), Phosphorus: 133.37mg (13.34%), Manganese: 0.26mg (13.16%), Fiber: 3.1g (12.39%), Selenium: 6.53µg (9.33%), Calcium: 90.16mg (9.02%), Magnesium: 35.5mg (8.87%), Potassium: 299.87mg (8.57%), Vitamin B1: 0.12mg (7.95%), Vitamin B6: 0.15mg (7.52%), Copper: 0.13mg (6.39%), Iron: 1.1mg (6.11%), Zinc: 0.81mg (5.37%), Vitamin B2: 0.09mg (5.28%), Vitamin B3: 0.85mg (4.24%), Vitamin C: 3.25mg (3.94%), Vitamin B5: 0.3mg (2.97%), Vitamin A: 126.41IU (2.53%), Vitamin B12: 0.12µg (1.98%), Vitamin E: 0.26mg (1.74%)