



BBQ-Bacon Party Spread

READY IN



15 min.

SERVINGS



15

CALORIES



299 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 1.5 cups milk cheddar cheese shredded 2% kraft
- 2 green onions sliced
- 0.5 cup pasilla peppers green chopped
- 16 oz philadelphia neufchatel cheese softened
- 2.8 oz oscar mayer real bacon recipe pieces
- 1 small tomatoes chopped
- 15 servings woven wheat crackers

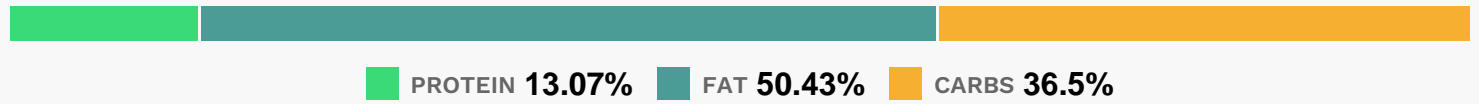
Equipment

pizza pan

Directions

- Spread Neufchatel onto large platter or bottom of 12-inch pizza pan; drizzle with barbecue sauce.
- Top with bacon, vegetables and cheddar.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:8.93, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:4.3039130309354%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 298.76kcal (14.94%), Fat: 16.91g (26.01%), Saturated Fat: 7.8g (48.72%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 25.27g (9.19%), Sugar: 8.42g (9.36%), Cholesterol: 41.24mg (13.75%), Sodium: 659.48mg (28.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Calcium: 139.27mg (13.93%), Phosphorus: 98.43mg (9.84%), Vitamin A: 473.76IU (9.48%), Fiber: 2.27g (9.07%), Vitamin C: 5.18mg (6.28%), Vitamin B2: 0.11mg (6.23%), Selenium: 4.24µg (6.06%), Iron: 0.9mg (5%), Vitamin K: 5.12µg (4.87%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.21µg (3.51%), Potassium: 104.27mg (2.98%), Vitamin B5: 0.25mg (2.48%), Folate: 9.23µg (2.31%), Vitamin E: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.21%), Magnesium: 8.8mg (2.2%), Manganese: 0.03mg (1.6%), Copper: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.21%)