



## BBQ Bacon Ranch Dip

 Gluten Free

READY IN



85 min.

SERVINGS



16

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 7 slices bacon
- 0.5 cup barbeque sauce
- 16 ounce cream cheese softened
- 1 bell pepper green chopped
- 1 ounce ranch dressing mix
- 1.5 cups sharp cheddar cheese shredded
- 1 tomatoes chopped

## Equipment

- bowl
- frying pan
- paper towels
- pie form

## Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate. Crumble the cooled bacon into a bowl and set aside.
- Stir together the cream cheese and ranch dressing mix in a bowl until smooth.
- Spread the mixture on the bottom of a pie dish. Evenly spread the barbecue sauce on top of the cream cheese mixture.
- Layer the bacon, bell pepper, and tomato on top of the barbecue sauce and top with the Cheddar cheese. Cover and chill for 1 hour before serving.

## Nutrition Facts

**PROTEIN 10.9%** **FAT 75.13%** **CARBS 13.97%**

## Properties

Glycemic Index:6.38, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:4.3099999764691%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 205.75kcal (10.29%), Fat: 17.26g (26.55%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.45g (4.94%), Cholesterol: 45.58mg (15.19%), Sodium: 447.57mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin A: 602.02IU (12.04%), Calcium: 107.34mg (10.73%), Selenium: 7.49µg (10.7%), Phosphorus: 97.83mg (9.78%), Vitamin C: 7.09mg (8.59%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.68mg (4.55%), Vitamin B6: 0.08mg (3.92%), Vitamin B12: 0.22µg (3.71%), Vitamin E:

0.51mg (3.37%), Potassium: 116.61mg (3.33%), Vitamin B1: 0.05mg (3.02%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.55mg (2.77%), Magnesium: 9.32mg (2.33%), Vitamin K: 2.17µg (2.06%), Manganese: 0.03mg (1.72%), Folate: 6.85µg (1.71%), Copper: 0.03mg (1.43%), Fiber: 0.3g (1.2%), Iron: 0.19mg (1.06%)