



## BLT Dip

READY IN



10 min.

SERVINGS



28

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

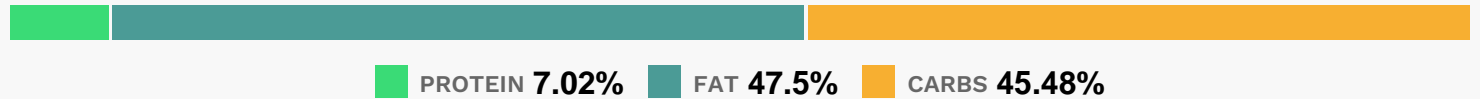
- 6 slices oscar mayer bacon fully cooked
- 16 oz knudsen cream sour
- 1 cup lettuce shredded
- 0.5 tsp onion powder
- 0.5 cup cheddar cheese shredded kraft
- 2 tomatoes divided chopped
- 28 servings wheat snack crackers thin

## Equipment

## Directions

- Mix sour cream and onion powder; spread onto bottom of 9-inch pie plate.
- Heat bacon as directed on package; cut into small pieces.
- Sprinkle over sour cream mixture. Top with cheese, 3/4 cup tomatoes and lettuce; sprinkle with remaining tomatoes.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:3.46, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.0873913019896%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 200.31kcal (10.02%), Fat: 10.68g (16.43%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 20.88g (7.59%), Sugar: 4.78g (5.31%), Cholesterol: 14.69mg (4.9%), Sodium: 277.08mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Fiber: 2.13g (8.51%), Calcium: 50.97mg (5.1%), Iron: 0.8mg (4.42%), Vitamin A: 208.98IU (4.18%), Phosphorus: 31.1mg (3.11%), Selenium: 2.13µg (3.04%), Vitamin B2: 0.04mg (2.49%), Vitamin C: 1.43mg (1.74%), Potassium: 56.01mg (1.6%), Vitamin K: 1.61µg (1.53%), Vitamin B6: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.2mg (1.36%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.26mg (1.31%)