

BLT Dippers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings belgian endive leaves
- 1 pound bacon crumbled cooked
- 8 ounce carton cream sour
- 1 cup mayonnaise
- 2 large tomatoes chopped

Equipment

- bowl
- whisk

Directions

- Combine mayonnaise and sour cream in a medium bowl, stirring well with a wire whisk; stir in bacon and tomato. Spoon 1 tablespoon onto individual Belgian endive leaves, or serve with Melba toast rounds.

Nutrition Facts

PROTEIN 15.92% FAT 80.81% CARBS 3.27%

Properties

Glycemic Index:22, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:26.50347792584%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 1040.32kcal (52.02%), Fat: 92.87g (142.88%), Saturated Fat: 25.91g (161.95%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.33g (2.67%), Sugar: 4.65g (5.16%), Cholesterol: 169.24mg (56.41%), Sodium: 2282.83mg (99.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.35%), Vitamin K: 99.32µg (94.59%), Selenium: 60.88µg (86.97%), Vitamin B3: 12.5mg (62.51%), Phosphorus: 516.94mg (51.69%), Vitamin B1: 0.69mg (45.75%), Vitamin B6: 0.71mg (35.38%), Zinc: 3.9mg (25.98%), Potassium: 865.71mg (24.73%), Vitamin A: 1189.91IU (23.8%), Vitamin B12: 1.42µg (23.71%), Vitamin B2: 0.39mg (22.74%), Vitamin E: 3.02mg (20.13%), Vitamin B5: 1.64mg (16.36%), Vitamin C: 13.01mg (15.76%), Magnesium: 51.49mg (12.87%), Copper: 0.19mg (9.71%), Calcium: 83.51mg (8.35%), Iron: 1.48mg (8.24%), Manganese: 0.14mg (6.99%), Folate: 20.22µg (5.06%), Fiber: 1.12g (4.49%), Vitamin D: 0.57µg (3.77%)