



Blue Cheese and Bacon Dip

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices oscar mayer bacon crumbled cooked
- 0.5 cup athenos cheese blue crumbled
- 1 cup knudsen cream sour
- 16 short breadsticks

Equipment

Directions

- Mix sour cream, bacon and blue cheese until well blended; cover.
- Refrigerate at least 1 hour to allow flavors to blend.
- Serve as a dip with breadsticks.

Nutrition Facts

PROTEIN 12.41% **FAT 83.92%** **CARBS 3.67%**

Properties

Glycemic Index:1.8, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.986956530939%

Nutrients (% of daily need)

Calories: 109.25kcal (5.46%), Fat: 10.2g (15.69%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 1g (0.36%), Sugar: 0.55g (0.61%), Cholesterol: 22.73mg (7.58%), Sodium: 154.29mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Selenium: 4.32µg (6.17%), Phosphorus: 52.22mg (5.22%), Calcium: 40.07mg (4.01%), Vitamin B3: 0.69mg (3.43%), Vitamin B2: 0.06mg (3.32%), Vitamin B12: 0.2µg (3.28%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.06mg (2.85%), Vitamin A: 135.29IU (2.71%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.21mg (2.14%), Potassium: 63.53mg (1.82%), Magnesium: 4.56mg (1.14%)