



## Blue Cheese-Bacon-Onion Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz cheese blue crumbled
- 3 tablespoons buttermilk
- 10 servings garnish: chives fresh black chopped
- 0.5 cup bacon crumbled cooked
- 2 tablespoons green onions sliced
- 1 tablespoon horseradish
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 8 oz cup heavy whipping cream sour

## Equipment

## Directions

- Stir together first 9 ingredients. Cover and chill until ready to serve (up to 24 hours).
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.2, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.640434809353%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 109.65kcal (5.48%), Fat: 9.04g (13.9%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.24g (1.38%), Cholesterol: 30.45mg (10.15%), Sodium: 434.48mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Calcium: 90.93mg (9.09%), Phosphorus: 66.59mg (6.66%), Vitamin A: 291.1IU (5.82%), Vitamin B2: 0.09mg (5.4%), Vitamin K: 5.34µg (5.09%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.21µg (3.44%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.42mg (2.78%), Vitamin C: 1.77mg (2.15%), Potassium: 75.13mg (2.15%), Folate: 8.55µg (2.14%), Vitamin B6: 0.03mg (1.68%), Magnesium: 6.54mg (1.63%)