



Blue Cheese-Bacon-Spinach Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 8 servings celery stalks
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.5 cup cream light sour
- ☐ 4 ounces pkt spinach fresh chopped

☐ 2 slices bacon

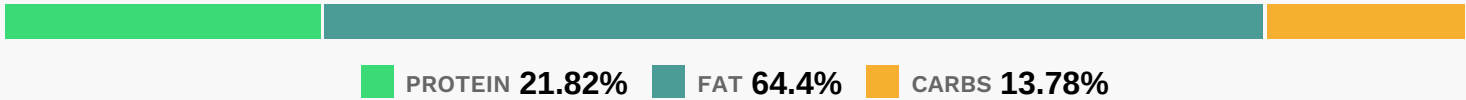
Equipment

☐ frying pan

Directions

- ☐ Cook bacon until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Remove all but 1 teaspoon drippings from pan.
- ☐ Add spinach to pan, stirring until wilted. Cool slightly.
- ☐ Combine bacon, spinach, yogurt, sour cream, blue cheese, minced garlic, crushed red pepper, and kosher salt.
- ☐ Serve with celery sticks.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:7.38347811673%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 66.75kcal (3.34%), Fat: 4.84g (7.44%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.54g (0.6%), Cholesterol: 11.94mg (3.98%), Sodium: 143.02mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin K: 68.99µg (65.7%), Vitamin A: 1428.95IU (28.58%), Folate: 31.62µg (7.9%), Manganese: 0.14mg (6.88%), Calcium: 68.47mg (6.85%), Vitamin B2: 0.1mg (5.81%), Phosphorus: 56.79mg (5.68%), Vitamin C: 4.26mg (5.16%), Selenium: 3.51µg (5.02%), Potassium: 152.49mg (4.36%), Magnesium: 15.78mg (3.95%), Vitamin B12: 0.22µg (3.64%), Vitamin B6: 0.07mg (3.29%), Vitamin E: 0.39mg (2.61%), Zinc: 0.38mg (2.54%), Iron: 0.46mg (2.53%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.15mg (1.48%), Copper: 0.03mg (1.44%), Fiber: 0.36g (1.43%)