



Boone Dip

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounce bacon bits hormel® (such as)
- 8 ounce cream cheese
- 2 green onions chopped to taste
- 0.5 cup mayonnaise
- 1.5 cups cheddar cheese shredded

Equipment

- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix Cheddar cheese, cream cheese, mayonnaise, bacon bits, and green onions together in a bowl; transfer to an 8-inch square baking dish.
- Bake in the preheated oven until dip is bubbling and cheese is melted, 15 to 20 minutes.

Nutrition Facts

PROTEIN 12.28% **FAT 81.23%** **CARBS 6.49%**

Properties

Glycemic Index:17, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:7.0200000172076%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 332.43kcal (16.62%), Fat: 30.19g (46.44%), Saturated Fat: 11.87g (74.16%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.29g (1.43%), Cholesterol: 55.7mg (18.57%), Sodium: 505.13mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin K: 30.13µg (28.7%), Calcium: 191.31mg (19.13%), Phosphorus: 154.49mg (15.45%), Selenium: 9.56µg (13.66%), Vitamin A: 632.04IU (12.64%), Vitamin E: 1.61mg (10.75%), Vitamin B2: 0.17mg (10.07%), Zinc: 1.15mg (7.67%), Vitamin B12: 0.43µg (7.19%), Folate: 23.12µg (5.78%), Vitamin B1: 0.08mg (5.3%), Magnesium: 19.11mg (4.78%), Fiber: 1.16g (4.65%), Copper: 0.07mg (3.73%), Vitamin B5: 0.28mg (2.75%), Potassium: 80.23mg (2.29%), Vitamin B6: 0.04mg (2.1%), Iron: 0.22mg (1.2%), Vitamin B3: 0.22mg (1.11%), Vitamin D: 0.16µg (1.03%)