



Bunco Blue Cheese Spread With Pecan-and-Bacon Topping

READY IN



20 min.

SERVINGS



15

CALORIES



264 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 slices oscar mayer bacon ready to serve chopped
- 4 oz cheese blue crumbled at room temperature
- 1 teaspoon domino brown sugar dark
- 0.5 cup butter at room temperature
- 15 servings round buttery crackers assorted
- 8 oz philadelphia cream cheese at room temperature
- 0.1 teaspoon mccormick gourmet collection garlic powder
- 0.3 cup green onions finely chopped

- 0.1 teaspoon mccormick gourmet collection ground pepper red (Cayenne)
- 0.5 cup pecans chopped

Equipment

- bowl
- frying pan
- plastic wrap

Directions

- Stir together first 3 ingredients in a medium bowl until blended. Stir in green onions, red pepper, and garlic powder until well blended.
- Press cheese mixture into a 2-cup glass bowl or a plastic wrap-lined mold. Cover and chill at least 8 hours or up to 24 hours.
- Combine chopped bacon, pecans, and brown sugar. Saut bacon mixture in a large nonstick skillet coated with cooking spray over medium heat until pecans are toasted and bacon begins to crisp (about 5 minutes).
- Remove from heat, and let cool.
- Invert cheese mixture onto a serving plate. Gently press pecan mixture onto top and sides of cheese mixture.
- Serve with assorted crackers or crostini.

Nutrition Facts



PROTEIN 7.29% **FAT 74.53%** **CARBS 18.18%**

Properties

Glycemic Index:12.2, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:5.3647825964119%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 263.82kcal (13.19%), Fat: 22.17g (34.11%), Saturated Fat: 10.23g (63.97%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.4g (4.15%), Sugar: 2.36g (2.62%), Cholesterol: 41.08mg (13.69%), Sodium: 363.39mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Manganese: 0.26mg (12.9%), Vitamin K: 12.63µg (12.03%), Phosphorus: 110.2mg (11.02%), Vitamin A: 470.74IU (9.41%), Calcium: 85.39mg (8.54%), Vitamin B1: 0.12mg (7.87%), Vitamin B2: 0.12mg (7.03%), Selenium: 4.55µg (6.49%), Vitamin E: 0.97mg (6.46%), Vitamin B3: 1.16mg (5.81%), Iron: 0.9mg (5.01%), Folate: 17.71µg (4.43%), Zinc: 0.62mg (4.15%), Copper: 0.07mg (3.68%), Vitamin B5: 0.35mg (3.5%), Fiber: 0.77g (3.07%), Magnesium: 11.8mg (2.95%), Vitamin B12: 0.17µg (2.79%), Vitamin B6: 0.06mg (2.78%), Potassium: 92.15mg (2.63%)