



Charleston Cheese Dip

 Popular

READY IN



25 min.

SERVINGS



10

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings roasted-garlic bagel chips for serving
- 8 butter crackers such as ritz crushed
- 1 dash cayenne pepper
- 8 slices bacon crumbled cooked
- 8 ounce cream cheese softened
- 2 green onions finely chopped
- 0.5 cup mayonnaise
- 0.5 cup monterrey jack cheese grated

1 cup sharp cheddar cheese grated

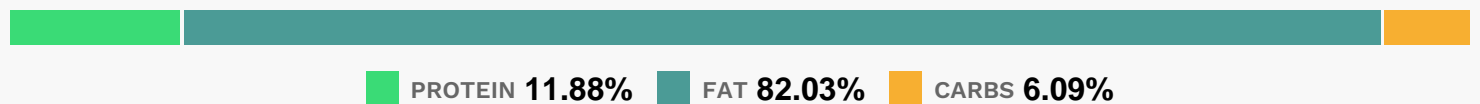
Equipment

- bowl
- frying pan
- oven
- baking pan
- pie form

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a medium bowl, mix the mayonnaise, cream cheese, Cheddar cheese, Monterey Jack cheese, green onions and cayenne pepper.
- Transfer the mixture to a shallow baking dish, such as a 9-inch pie pan. Top the mixture with the cracker crumbs and bake until heated through, about 15 minutes.
- Remove the pan from the oven and top with the bacon.
- Serve immediately with corn chips, crackers or bagel chips.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:5.6339130686677%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 269.92kcal (13.5%), Fat: 24.7g (38.01%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.31g (1.45%), Cholesterol: 50.27mg (16.76%), Sodium: 390.28mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin K: 25.32µg (24.12%), Calcium: 151.08mg

(15.11%), Selenium: 9.6µg (13.71%), Phosphorus: 135.76mg (13.58%), Vitamin A: 499IU (9.98%), Vitamin B2: 0.15mg (8.79%), Zinc: 0.93mg (6.23%), Vitamin E: 0.79mg (5.26%), Vitamin B12: 0.3µg (5%), Vitamin B3: 0.83mg (4.17%), Vitamin B1: 0.06mg (3.88%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.29mg (2.89%), Potassium: 87.07mg (2.49%), Magnesium: 9.66mg (2.42%), Folate: 9.27µg (2.32%), Iron: 0.35mg (1.95%), Copper: 0.02mg (1.17%), Manganese: 0.02mg (1.17%)