



Cheddar Cheese-Bacon Dip

 Gluten Free

READY IN



36 min.

SERVINGS



15

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices apple crackers assorted
- 7 slices bacon chopped
- 16 oz cream cheese softened
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.3 cup half-and-half
- 3 tablespoons pecans chopped
- 4 ounces sharp cheddar cheese shredded

Equipment

- frying pan
- paper towels
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350
- Bake pecans in single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring after 3 minutes.
- Cook bacon in a skillet over medium-high heat, stirring often, 10 minutes or until crisp.
- Remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- Add minced garlic to hot drippings, and saut 1 minute.
- Beat cream cheese at medium speed with an electric mixer until smooth.
- Add half-and-half, beating until combined. Stir in bacon, garlic, Cheddar cheese, and parsley. Spoon mixture into 4 (1-cup) baking dishes or 1 (1-qt.) baking dish.
- Bake at 350 for 20 minutes or until golden and bubbly.
- Sprinkle with pecans; serve with apple slices and assorted crackers.

Nutrition Facts

  
 **PROTEIN 10.24%**  **FAT 82.72%**  **CARBS 7.04%**

Properties

Glycemic Index:10.53, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:4.2821738797685%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 204.93kcal (10.25%), Fat: 19.12g (29.42%), Saturated Fat: 9.43g (58.94%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.23g (2.48%), Cholesterol: 46.76mg (15.59%), Sodium: 216.08mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin A: 554.71IU (11.09%), Selenium: 7.11µg (10.16%), Phosphorus: 94.13mg (9.41%), Vitamin K: 9.87µg (9.4%), Calcium: 92.34mg (9.23%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.11mg (5.27%), Zinc: 0.67mg (4.5%), Vitamin B1: 0.05mg (3.65%), Vitamin B12: 0.21µg (3.47%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.42mg (2.8%), Potassium: 93.7mg (2.68%), Vitamin B3: 0.49mg (2.45%), Magnesium: 9.68mg (2.42%), Copper: 0.04mg (2.03%), Fiber: 0.39g (1.57%), Vitamin C: 1.24mg (1.5%), Folate: 5.95µg (1.49%), Iron: 0.19mg (1.05%)