



Cheddar-Jalapeño Dip

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer butcher hickory bacon smoked thick cut cooked chopped
- 0.3 cup beer
- 8 oz philadelphia cream cheese softened
- 0.3 tsp garlic powder
- 2 jalapeño peppers fresh halved seeded thinly sliced
- 1 cup sharp cheddar cheese shredded kraft

Equipment

- bowl

- oven
- blender

Directions

- Heat oven to 350F.
- Beat cream cheese and garlic powder in medium bowl with mixer until blended. Gradually beat in beer. Stir in remaining ingredients.
- Spread onto bottom of 1-1/2 qt. casserole or 9-inch pie plate.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts

PROTEIN 12.61% **FAT 80.87%** **CARBS 6.52%**

Properties

Glycemic Index:6.84, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:3.1569565301356%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 117.55kcal (5.88%), Fat: 10.58g (16.27%), Saturated Fat: 5.32g (33.28%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.91g (1.02%), Cholesterol: 26.82mg (8.94%), Sodium: 145.94mg (6.35%), Alcohol: 0.14g (100%), Alcohol %: 0.38% (100%), Protein: 3.71g (7.42%), Vitamin C: 11.96mg (14.5%), Selenium: 4.91µg (7.01%), Calcium: 65.77mg (6.58%), Vitamin A: 319.22IU (6.38%), Phosphorus: 63.08mg (6.31%), Vitamin B2: 0.08mg (4.45%), Vitamin B6: 0.07mg (3.53%), Zinc: 0.45mg (2.99%), Vitamin B12: 0.15µg (2.47%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.44mg (2.2%), Potassium: 68.09mg (1.95%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.17mg (1.72%), Vitamin K: 1.57µg (1.49%), Magnesium: 5.92mg (1.48%), Folate: 4.49µg (1.12%), Manganese: 0.02mg (1.1%), Fiber: 0.26g (1.03%)