



## Cheesy Bacon Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**45**

CALORIES



**28 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz knudsen cottage cheese
- 3 green onions sliced
- 0.5 cup parmesan cheese grated kraft
- 0.3 cup oscar mayer real bacon bits
- 1 cup cheddar cheese shredded kraft

### Equipment

- bowl
- oven

## Directions

- Preheat oven to 350F.
- Mix all ingredients in large bowl.
- Spread into 9-inch pie plate.
- Bake 20 to 25 minutes or until hot and bubbly.
- Let stand 10 minutes before serving.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:1.91, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.94304347815721%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 28.05kcal (1.4%), Fat: 1.78g (2.74%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.3g (0.33%), Cholesterol: 6.39mg (2.13%), Sodium: 92.86mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Calcium: 36.52mg (3.65%), Phosphorus: 34.87mg (3.49%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.03mg (1.88%), Vitamin K: 1.74µg (1.65%), Vitamin B12: 0.09µg (1.42%), Zinc: 0.18mg (1.22%), Vitamin A: 56.86IU (1.14%)