

# Cheesy Green Onion Bagel Dip

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



4

CALORIES



688 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounce cream cheese softened
- 1 bunch spring onion chopped
- 10 ounce sharp cheddar cheese

## Equipment

- bowl

## Directions

- In a medium bowl, stir together the cream cheese, cheese spread and green onions.  
Refrigerate overnight before serving.

## Nutrition Facts

**PROTEIN 13.56%** **FAT 81.6%** **CARBS 4.84%**

### Properties

Glycemic Index:21.5, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:14.955217402914%

### Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

### Nutrients (% of daily need)

Calories: 687.98kcal (34.4%), Fat: 63.12g (97.1%), Saturated Fat: 36.52g (228.23%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 8.27g (3.01%), Sugar: 4.64g (5.15%), Cholesterol: 185.41mg (61.8%), Sodium: 820.54mg (35.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.19%), Calcium: 615.39mg (61.54%), Vitamin A: 2292.91IU (45.86%), Phosphorus: 448.16mg (44.82%), Selenium: 29.85µg (42.64%), Vitamin B2: 0.58mg (34.01%), Zinc: 3.19mg (21.28%), Vitamin B12: 1µg (16.68%), Vitamin K: 16.5µg (15.72%), Vitamin E: 1.54mg (10.27%), Vitamin B5: 0.94mg (9.44%), Magnesium: 30.54mg (7.64%), Folate: 28.93µg (7.23%), Potassium: 220.82mg (6.31%), Vitamin B6: 0.12mg (5.8%), Vitamin B1: 0.05mg (3.33%), Vitamin D: 0.43µg (2.83%), Copper: 0.05mg (2.44%), Iron: 0.33mg (1.82%), Manganese: 0.03mg (1.46%), Vitamin C: 1.13mg (1.37%)