



Cheesy Onion Spread

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



124 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 oz colby-jack cheese blend shredded finely
- 0.7 cup bacon cooked finely chopped
- 2 teaspoons green onion finely chopped
- 0.3 cup mayonnaise
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl

Directions

- Stir together first 4 ingredients in a small bowl; cover and chill at least 30 minutes.
- Brush on hot grilled corn, and sprinkle evenly with bacon.

Nutrition Facts

PROTEIN 13.52% **FAT 84.2%** **CARBS 2.28%**

Properties

Glycemic Index:8.2, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.6426087277739%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 123.68kcal (6.18%), Fat: 11.54g (17.75%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.34g (0.38%), Cholesterol: 20.5mg (6.83%), Sodium: 210.66mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 13.27µg (12.64%), Selenium: 5.1µg (7.28%), Phosphorus: 62.68mg (6.27%), Calcium: 48.3mg (4.83%), Vitamin B3: 0.81mg (4.03%), Vitamin B2: 0.05mg (3.14%), Vitamin B1: 0.05mg (3.04%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.15µg (2.57%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 115.75IU (2.32%), Vitamin E: 0.32mg (2.16%), Potassium: 56.97mg (1.63%), Vitamin B5: 0.14mg (1.35%), Magnesium: 4.73mg (1.18%)