



Cheesy Spinach and Bacon Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 4 oz philadelphia cream cheese cubed ()
- 10 oz pkt spinach frozen thawed drained chopped
- 10 oz ro*tel tomatoes & chillies diced green undrained canned
- 16 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl

microwave

Directions

Microwave ingredients in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

Nutrition Facts

 **PROTEIN 12.98%**  **FAT 77.28%**  **CARBS 9.74%**

Properties

Glycemic Index:6.5, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:12.523478159438%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 126.41kcal (6.32%), Fat: 11.1g (17.08%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.36g (1.51%), Cholesterol: 23.07mg (7.69%), Sodium: 174.52mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin K: 107.94µg (102.8%), Vitamin A: 3719.22IU (74.38%), Manganese: 0.24mg (11.75%), Folate: 46.38µg (11.59%), Selenium: 6.21µg (8.88%), Vitamin E: 1.15mg (7.66%), Magnesium: 27.51mg (6.88%), Vitamin C: 5.44mg (6.6%), Vitamin B2: 0.11mg (6.43%), Vitamin B6: 0.12mg (6.23%), Potassium: 215.09mg (6.15%), Vitamin B1: 0.09mg (5.89%), Phosphorus: 58.17mg (5.82%), Vitamin B3: 1.03mg (5.15%), Calcium: 51.29mg (5.13%), Fiber: 1.16g (4.65%), Iron: 0.7mg (3.87%), Copper: 0.07mg (3.35%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.11µg (1.88%)