



Cobb Dip

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado finely chopped
- 4 slices bacon finely chopped
- 2 ounces cheese blue crumbled
- 8 ounce cream cheese
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 2 tablespoons parsley fresh italian finely chopped
- 0.3 cup spring onion thinly sliced (2 medium)

- 8 ounce cream sour
- 2 tomatoes seeded chopped
- 1 teaspoon worcestershire sauce

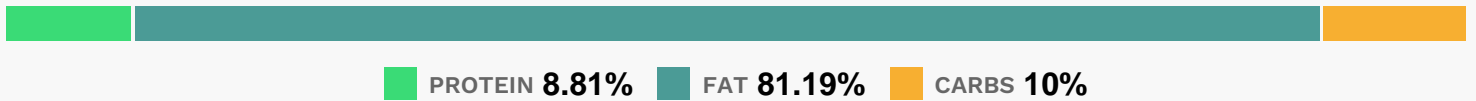
Equipment

- bowl
- frying pan
- paper towels
- hand mixer
- wooden spoon

Directions

- In large heavy-bottomed skillet, fry bacon over medium heat, stirring occasionally until crisp.
- Transfer to paper towel-lined plate.
- In a medium bowl, mix cream cheese, sour cream, blue cheese, lemon juice, salt, and Worcestershire with a wooden spoon or an electric mixer until well-combined. Gently fold in avocado, scallions, and parsley with wooden spoon.
- Transfer to serving bowl, sprinkle with bacon and tomato, and serve immediately with crudité's and crackers.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:11.270434656869%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.87mg,

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 365.59kcal (18.28%), Fat: 33.9g (52.15%), Saturated Fat: 15.9g (99.37%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.31g (4.79%), Cholesterol: 77.25mg (25.75%), Sodium: 742.58mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Vitamin K: 42.36µg (40.35%), Vitamin A: 1365.86IU (27.32%), Phosphorus: 157.17mg (15.72%), Vitamin C: 12.64mg (15.32%), Vitamin B2: 0.26mg (15.06%), Calcium: 139.84mg (13.98%), Selenium: 9.14µg (13.05%), Potassium: 438.7mg (12.53%), Folate: 47.46µg (11.87%), Fiber: 2.89g (11.58%), Vitamin B5: 1.1mg (11%), Vitamin B6: 0.21mg (10.74%), Vitamin E: 1.51mg (10.04%), Vitamin B3: 1.63mg (8.15%), Zinc: 1.06mg (7.04%), Vitamin B1: 0.1mg (6.78%), Magnesium: 27.08mg (6.77%), Copper: 0.12mg (5.97%), Vitamin B12: 0.35µg (5.85%), Manganese: 0.12mg (5.75%), Iron: 0.65mg (3.64%)