



Cobb Salad Dip

READY IN



15 min.

SERVINGS



6

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado finely chopped ()
- 4 slices bacon crumbled
- 2 ounces cheese blue crumbled
- 1 sticks round buttery crackers assorted for serving
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 2 tablespoons parsley fresh italian finely chopped
- 0.3 cup spring onion thinly sliced
- 1 cup cream sour

1 teaspoon worcestershire sauce

Equipment

bowl

Directions

Place the sour cream, blue cheese, lemon juice, salt, and Worcestershire in a medium nonreactive bowl and stir until well combined. Fold in the avocado, scallions, and parsley, transfer the dip to a shallow serving dish, and top with the bacon.

Serve with celery sticks or assorted crackers.

Nutrition Facts

 **PROTEIN 9.58%**  **FAT 80.45%**  **CARBS 9.97%**

Properties

Glycemic Index:21.83, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:7.9439130736434%

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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 227.79kcal (11.39%), Fat: 20.96g (32.24%), Saturated Fat: 8.32g (51.97%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.84g (2.04%), Cholesterol: 39.38mg (13.13%), Sodium: 623.47mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin K: 38.42µg (36.59%), Phosphorus: 107.75mg (10.77%), Vitamin A: 520.01IU (10.4%), Calcium: 99.87mg (9.99%), Fiber: 2.41g (9.62%), Vitamin B2: 0.16mg (9.56%), Folate: 38.06µg (9.52%), Vitamin C: 7.03mg (8.52%), Vitamin B5: 0.85mg (8.5%), Selenium: 5.91µg (8.45%), Potassium: 292.5mg (8.36%), Vitamin B6: 0.16mg (8.06%), Vitamin B3: 1.36mg (6.8%), Vitamin E: 0.97mg (6.45%), Zinc: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.24%), Magnesium: 19.25mg (4.81%), Vitamin B12: 0.27µg

(4.49%), Copper: 0.09mg (4.44%), Manganese: 0.07mg (3.26%), Iron: 0.51mg (2.83%)