



## Creamy Bacon-Cheddar Dip

READY IN



15 min.

SERVINGS



20

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

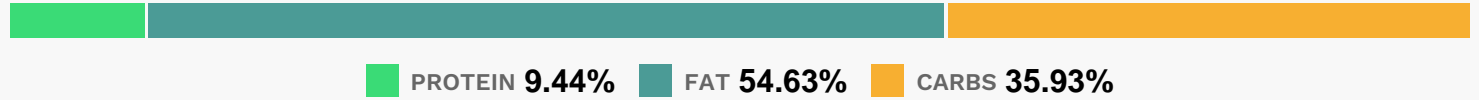
- 4 slices oscar mayer bacon crumbled cooked
- 1 cup milk cheddar cheese shredded 2% kraft
- 1 cup knudsen cream light sour
- 2 green onions sliced
- 1 cup miracle whip dressing light
- 20 servings ritz crackers

### Equipment

## Directions

- Mix all ingredients except crackers.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.95, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.6065217424994%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 146.85kcal (7.34%), Fat: 8.95g (13.76%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.6g (4.58%), Sugar: 2.69g (2.99%), Cholesterol: 13.73mg (4.58%), Sodium: 317.41mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 10.68µg (10.17%), Phosphorus: 85.14mg (8.51%), Calcium: 82.65mg (8.26%), Vitamin B1: 0.09mg (5.98%), Selenium: 3.58µg (5.12%), Vitamin B2: 0.09mg (5.04%), Vitamin B3: 0.98mg (4.88%), Manganese: 0.09mg (4.47%), Vitamin E: 0.66mg (4.41%), Iron: 0.78mg (4.35%), Folate: 14.74µg (3.68%), Zinc: 0.42mg (2.79%), Fiber: 0.64g (2.57%), Vitamin A: 116.72IU (2.33%), Vitamin B12: 0.13µg (2.17%), Potassium: 66.04mg (1.89%), Magnesium: 6.48mg (1.62%), Vitamin B6: 0.03mg (1.41%), Copper: 0.03mg (1.32%), Vitamin B5: 0.11mg (1.08%)