



Creamy Bacon Cheddar Dressing

READY IN



25 min.

SERVINGS



12

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 2 cups mayonnaise
- ☐ 1.5 cups milk
- ☐ 2 cups cheddar cheese shredded

Equipment

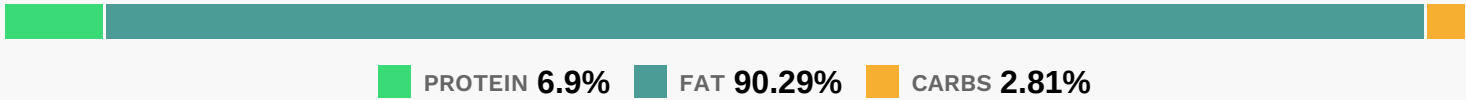
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan over low heat, whisk together the cheese, flour and cream until melted and sauce-like.
- ☐ Remove from heat and cool.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a medium bowl, whisk together cooled cheese sauce, bacon, mayonnaise and milk until evenly blended.
- ☐ Serve over fresh salads.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:7.2565217504035%

Nutrients (% of daily need)

Calories: 398.72kcal (19.94%), Fat: 40.01g (61.56%), Saturated Fat: 10.67g (66.67%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.79g (1.02%), Sugar: 1.89g (2.1%), Cholesterol: 48.62mg (16.21%), Sodium: 421.72mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin K: 61.56µg (58.63%), Calcium: 177.39mg (17.74%), Phosphorus: 139.01mg (13.9%), Selenium: 8.6µg (12.29%), Vitamin E: 1.46mg (9.72%), Vitamin B2: 0.15mg (8.86%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 337.99IU (6.76%), Zinc: 0.98mg (6.5%), Vitamin D: 0.63µg (4.21%), Vitamin B1: 0.05mg (3.49%), Vitamin B5: 0.31mg (3.12%), Vitamin B6: 0.06mg (2.81%), Magnesium: 10.48mg (2.62%), Potassium: 87.62mg (2.5%), Vitamin B3: 0.38mg (1.88%), Folate: 7.16µg (1.79%)