



Creamy Bacon Dip



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



10

CALORIES



955 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1.5 pounds bacon
- ☐ 0.5 cup plus light
- ☐ 0.5 teaspoon ground pepper black
- ☐ 32 ounce mayonnaise
- ☐ 1 onion minced

Equipment

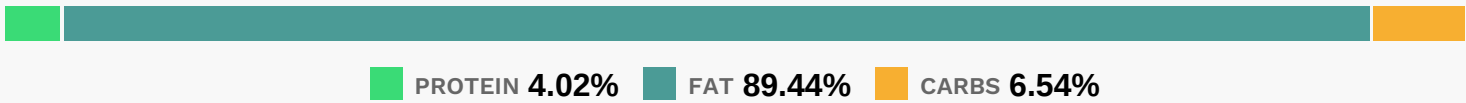
- ☐ frying pan

- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain on paper towels.
- ☐ Crumble the bacon into a large mixing bowl. Stir in mayonnaise, corn syrup, apple cider, black pepper, and onion. Stir until ingredients are well combined. Cover and refrigerate for 6 hours.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:10.641739135203%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 954.77kcal (47.74%), Fat: 94.91g (146.02%), Saturated Fat: 19.67g (122.92%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 15.42g (5.61%), Sugar: 14.1g (15.67%), Cholesterol: 83.01mg (27.67%), Sodium: 1037.81mg (45.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin K: 148.08µg (141.03%), Selenium: 15.95µg (22.78%), Vitamin E: 3.27mg (21.81%), Vitamin B1: 0.21mg (14.14%), Vitamin B3: 2.75mg (13.75%), Phosphorus: 120.85mg (12.09%), Vitamin B6: 0.2mg (10.09%), Vitamin B12: 0.45µg (7.48%), Zinc: 1.04mg (6.91%), Vitamin B5: 0.55mg (5.49%), Potassium: 174.78mg (4.99%), Vitamin B2: 0.08mg (4.44%), Vitamin D: 0.45µg (3.02%), Iron: 0.51mg (2.86%), Manganese: 0.06mg (2.78%), Magnesium: 10.81mg (2.7%), Copper: 0.05mg (2.6%), Vitamin A: 84.91IU (1.7%), Folate: 6.64µg (1.66%), Calcium: 16.27mg (1.63%)