



## Creamy BBQ Bacon Cheese Dip

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 slices bacon cooked coarsely chopped
- 8 oz cream cheese softened
- 0.5 cup barbecue sauce
- 2 oz cheddar cheese shredded
- 2 tablespoons spring onion sliced (2 medium)
- 1 serving tortilla chips

### Equipment

- food processor

blender

## Directions

- Set aside 2 tablespoons of the chopped bacon for garnish. In food processor or blender, combine cream cheese, barbecue sauce, Cheddar cheese and remaining bacon. Cover; process or blend on high speed until all ingredients are well combined.
- Garnish dip with green onions and reserved bacon.
- Serve with veggie tortilla chips.

## Nutrition Facts

**PROTEIN 10.07%** **FAT 65.85%** **CARBS 24.08%**

## Properties

Glycemic Index:21.5, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:7.2673913473668%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 379.85kcal (18.99%), Fat: 28.11g (43.25%), Saturated Fat: 15.11g (94.43%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 22.35g (8.13%), Sugar: 14.17g (15.75%), Cholesterol: 77.38mg (25.79%), Sodium: 763.2mg (33.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin A: 1015.92IU (20.32%), Selenium: 12.72µg (18.17%), Calcium: 177.25mg (17.73%), Phosphorus: 172.88mg (17.29%), Vitamin B2: 0.23mg (13.77%), Vitamin K: 9.85µg (9.38%), Vitamin E: 1.17mg (7.79%), Zinc: 1.16mg (7.71%), Potassium: 219.66mg (6.28%), Vitamin B5: 0.59mg (5.93%), Vitamin B6: 0.11mg (5.74%), Vitamin B12: 0.34µg (5.67%), Magnesium: 21.92mg (5.48%), Vitamin B3: 0.98mg (4.88%), Vitamin B1: 0.07mg (4.69%), Fiber: 0.78g (3.11%), Manganese: 0.06mg (2.94%), Iron: 0.52mg (2.9%), Folate: 11.55µg (2.89%), Copper: 0.06mg (2.81%)