



Creamy BBQ Bacon Cheese Dip

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



479 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup barbecue sauce
- 3 slices bacon cooked coarsely chopped
- 8 oz cream cheese softened
- 2 tablespoons spring onion sliced (2 medium)
- 2 oz cheddar cheese shredded
- 4 servings 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 9.18% **FAT 60.08%** **CARBS 30.74%**

Properties

Glycemic Index:21.5, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:9.0434783412063%

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: 478.97kcal (23.95%), Fat: 32.46g (49.93%), Saturated Fat: 15.7g (98.12%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 35.46g (12.89%), Sugar: 14.34g (15.93%), Cholesterol: 77.38mg (25.79%), Sodium: 832.08mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Phosphorus: 220.13mg (22.01%), Vitamin A: 1016.55IU (20.33%), Calcium: 199.51mg (19.95%), Selenium: 13.64µg (19.49%), Vitamin B2: 0.25mg (14.64%), Vitamin K: 14.24µg (13.56%), Vitamin E: 1.91mg (12.73%), Magnesium: 39.56mg (9.89%), Zinc: 1.45mg (9.64%), Vitamin B5: 0.84mg (8.41%), Fiber: 1.91g (7.65%), Vitamin B6: 0.15mg (7.62%), Potassium: 257.88mg (7.37%), Vitamin B1: 0.1mg (6.65%), Vitamin B3: 1.15mg (5.76%), Vitamin B12: 0.34µg (5.67%), Iron: 0.84mg (4.67%), Copper: 0.08mg (3.83%), Folate: 14.07µg (3.52%), Manganese: 0.06mg (2.94%)