

## Creamy BLT Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



415 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 10 servings optional: chives fresh chopped
- ☐ 1 pound bacon crumbled cooked
- ☐ 1 cup mayonnaise
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 tomatoes chopped

## Equipment

# Directions

☐ Blend together bacon, mayonnaise and sour cream; chill. Stir in tomatoes just before serving; sprinkle with chives, if desired.

## Nutrition Facts



**PROTEIN 15.92%** **FAT 81.21%** **CARBS 2.87%**

## Properties

Glycemic Index:13.3, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:10.36391296594%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 414.87kcal (20.74%), Fat: 37.19g (57.22%), Saturated Fat: 10.4g (64.97%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.58g (1.75%), Cholesterol: 67.88mg (22.63%), Sodium: 912.67mg (39.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.4g (32.8%), Vitamin K: 40.93µg (38.98%), Selenium: 24.37µg (34.82%), Vitamin B3: 4.94mg (24.68%), Phosphorus: 204.66mg (20.47%), Vitamin B1: 0.27mg (18.05%), Vitamin B6: 0.28mg (13.75%), Zinc: 1.54mg (10.3%), Vitamin B12: 0.57µg (9.49%), Potassium: 320.83mg (9.17%), Vitamin B2: 0.15mg (9.06%), Vitamin A: 423.08IU (8.46%), Vitamin E: 1.15mg (7.65%), Vitamin B5: 0.65mg (6.48%), Vitamin C: 4.16mg (5.04%), Magnesium: 19.71mg (4.93%), Copper: 0.07mg (3.61%), Calcium: 33.39mg (3.34%), Iron: 0.58mg (3.2%), Manganese: 0.05mg (2.29%), Folate: 7.24µg (1.81%), Vitamin D: 0.23µg (1.51%), Fiber: 0.32g (1.28%)