



Creamy Cobb Salad Dip

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado chopped
- 4 slices oscar mayer bacon crumbled cooked
- 0.3 cup athenos cheese blue crumbled
- 1 cup knudsen cream light sour
- 2 Tbsp parsley fresh chopped
- 1 green onion sliced
- 2 tsp juice of lemon fresh
- 1 Tbsp tomatoes chopped

Equipment

bowl

Directions

- Mix first 3 ingredients in medium bowl until blended.
- Stir in all remaining ingredients except tomatoes.
- Refrigerate 1 hour. Top with tomatoes before serving.

Nutrition Facts

PROTEIN 11.1% **FAT 76.18%** **CARBS 12.72%**

Properties

Glycemic Index:11.27, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.9373913238878%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 78.11kcal (3.91%), Fat: 6.79g (10.45%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.2g (0.23%), Cholesterol: 11.49mg (3.83%), Sodium: 87.47mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin K: 13.01µg (12.39%), Calcium: 40.78mg (4.08%), Phosphorus: 38.79mg (3.88%), Folate: 15.18µg (3.8%), Fiber: 0.95g (3.8%), Potassium: 124.83mg (3.57%), Vitamin C: 2.7mg (3.27%), Vitamin B2: 0.05mg (3.14%), Vitamin A: 153.82IU (3.08%), Selenium: 2.15µg (3.07%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.27mg (2.75%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.37mg (2.47%), Vitamin B1: 0.03mg (2.24%), Vitamin B12: 0.13µg (2.17%), Zinc: 0.32mg (2.15%), Magnesium: 7.38mg (1.84%), Copper: 0.03mg (1.68%), Manganese: 0.02mg (1.16%)