



Dijon-Cheddar-Bacon Spread

READY IN



195 min.

SERVINGS



15

CALORIES



169 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 Tbsp grey poupon dijon mustard
- 2 green onions divided sliced
- 3 Tbsp oscar mayer real bacon bits
- 15 servings ritz crackers
- 4 oz sharp cheddar cheese shredded kraft

Equipment

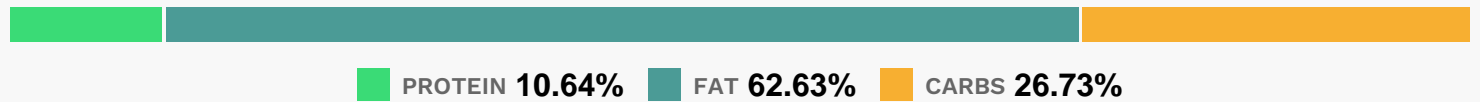
- bowl

blender

Directions

- Beat cream cheese and shredded cheese in medium bowl with mixer until blended.
- Stir in mustard, bacon and 2 Tbsp. onions.
- Refrigerate several hours or until chilled.
- Let stand at room temperature 30 min. before serving.
- Sprinkle with remaining onions.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:3.9939130570578%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 168.6kcal (8.43%), Fat: 11.82g (18.19%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 10.9g (3.96%), Sugar: 1.95g (2.16%), Cholesterol: 24.83mg (8.28%), Sodium: 291.29mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin K: 11.83µg (11.26%), Phosphorus: 96.15mg (9.62%), Calcium: 94.54mg (9.45%), Vitamin B2: 0.11mg (6.61%), Selenium: 4.53µg (6.46%), Vitamin A: 295.47IU (5.91%), Vitamin B1: 0.08mg (5.28%), Vitamin E: 0.76mg (5.05%), Manganese: 0.1mg (4.78%), Iron: 0.78mg (4.35%), Vitamin B3: 0.81mg (4.06%), Folate: 15.56µg (3.89%), Zinc: 0.46mg (3.09%), Vitamin B12: 0.11µg (1.89%), Magnesium: 7.24mg (1.81%), Vitamin B5: 0.18mg (1.81%), Fiber: 0.45g (1.81%), Potassium: 50.74mg (1.45%), Copper: 0.03mg (1.36%), Vitamin B6: 0.02mg (1.25%)