



Easy BLT Dip

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 8 oz philadelphia cream cheese softened
- 0.5 cup iceberg lettuce finely chopped
- 0.5 cup tomatoes chopped

Equipment

Directions

Spread cream cheese onto bottom of pie plate.

Top with remaining ingredients.

Nutrition Facts

PROTEIN 8.44% **FAT 85.27%** **CARBS 6.29%**

Properties

Glycemic Index:9.7, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:1.8873912912348%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 108.75kcal (5.44%), Fat: 10.44g (16.06%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.12g (1.24%), Cholesterol: 27.26mg (9.09%), Sodium: 115.64mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin A: 387.16IU (7.74%), Selenium: 3.28µg (4.69%), Phosphorus: 36.28mg (3.63%), Vitamin B2: 0.06mg (3.52%), Calcium: 23.72mg (2.37%), Vitamin B6: 0.04mg (1.89%), Potassium: 65.74mg (1.88%), Vitamin B1: 0.03mg (1.84%), Vitamin K: 1.93µg (1.84%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.21mg (1.4%), Vitamin B12: 0.08µg (1.38%), Vitamin C: 1.12mg (1.36%), Folate: 4.2µg (1.05%)