



## Easy Cheesy Bacon Topper

 Gluten Free

READY IN



9 min.

SERVINGS



9

CALORIES



97 kcal

SIDE DISH

### Ingredients

- 1 cup cheez whiz cheese dip
- 0.3 cup knudsen cream sour
- 2 green onions sliced
- 0.3 cup oscar mayer real bacon recipe pieces

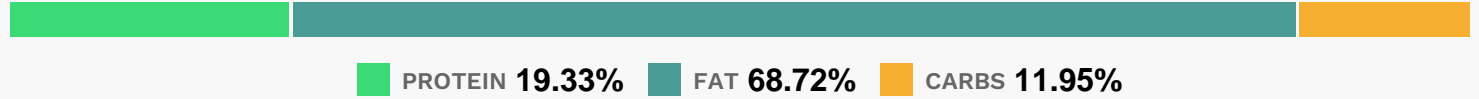
### Equipment

- bowl
- microwave

## Directions

- Mix first 3 ingredients in 1-qt. microwaveable bowl until well blended.
- Microwave on HIGH 3 to 4 min. or until heated through, stirring after each min.
- Add sour cream; mix well.
- Serve warm over hot baked potatoes, broccoli, cauliflower or asparagus.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.4617391419799%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 97.26kcal (4.86%), Fat: 7.44g (11.44%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.76g (1%), Sugar: 2.04g (2.27%), Cholesterol: 27.97mg (9.32%), Sodium: 527.16mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Phosphorus: 217.72mg (21.77%), Calcium: 102.75mg (10.27%), Vitamin K: 5.62µg (5.35%), Vitamin A: 237IU (4.74%), Vitamin B2: 0.08mg (4.47%), Zinc: 0.46mg (3.08%), Potassium: 78.44mg (2.24%)