



Goat Cheese-Bacon Dip

 Gluten Free

READY IN



56 min.

SERVINGS



15

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 slices bacon chopped
- 16 oz cream cheese softened
- 2 teaspoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 4 ounces goat cheese crumbled
- 0.3 cup half-and-half
- 1 slices pear baguette assorted toasted
- 3 tablespoons pecans chopped

Equipment

- frying pan
- paper towels
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 35
- Bake pecans in single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring after 3 minutes.
- Cook bacon in a skillet over medium-high heat, stirring often, 10 minutes or until crisp.
- Remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- Add minced garlic to hot drippings, and saut 1 minute.
- Beat cream cheese at medium speed with an electric mixer until smooth.
- Add half-and-half, beating until combined. Stir in bacon, garlic, goat cheese, and thyme. Spoon mixture into 4 (1-cup) baking dishes or 1 (1-qt.) baking dish.
- Bake at 350 for 20 minutes or until golden and bubbly.
- Sprinkle with pecans; serve with pear slices, toasted baguette slices, and assorted crackers.

Nutrition Facts



PROTEIN 10.01% **FAT 82.09%** **CARBS 7.9%**

Properties

Glycemic Index:9.92, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:3.6421738953694%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin:

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Nutrients (% of daily need)

Calories: 195.66kcal (9.78%), Fat: 18.15g (27.92%), Saturated Fat: 9.08g (56.75%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.42g (2.69%), Cholesterol: 42.68mg (14.23%), Sodium: 194.2mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin A: 523.2IU (10.46%), Phosphorus: 79.16mg (7.92%), Selenium: 5.19µg (7.41%), Vitamin B2: 0.12mg (7.28%), Manganese: 0.12mg (5.89%), Calcium: 50.23mg (5.02%), Copper: 0.1mg (5%), Vitamin B6: 0.08mg (3.93%), Vitamin B1: 0.06mg (3.83%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.47mg (3.15%), Potassium: 91.56mg (2.62%), Vitamin B3: 0.52mg (2.62%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.14µg (2.37%), Magnesium: 9.3mg (2.33%), Fiber: 0.53g (2.11%), Iron: 0.34mg (1.9%), Vitamin K: 1.33µg (1.27%), Folate: 5.02µg (1.25%), Vitamin C: 1.02mg (1.24%)