



Good Glop

 Gluten Free

READY IN



500 min.

SERVINGS



3

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon sliced
- 4 large spring onion sliced
- 3 tablespoons mayonnaise
- 3 cups cheddar cheese shredded

Equipment

- frying pan
- paper towels

Directions

- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain on paper towels and crumble.
- Mix together the crumbled bacon, Cheddar cheese, green onions, and mayonnaise. Refrigerate overnight before serving.

Nutrition Facts

PROTEIN 15.46% **FAT 82.12%** **CARBS 2.42%**

Properties

Glycemic Index:36.33, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:29.260434969612%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 1197.4kcal (59.87%), Fat: 108.97g (167.64%), Saturated Fat: 43.45g (271.55%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.35g (2.31%), Sugar: 1.23g (1.37%), Cholesterol: 218.67mg (72.89%), Sodium: 1834.18mg (79.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.15g (92.31%), Vitamin K: 94.53µg (90.03%), Selenium: 62.89µg (89.85%), Calcium: 831.59mg (83.16%), Phosphorus: 750.54mg (75.05%), Zinc: 6.08mg (40.55%), Vitamin B2: 0.65mg (38.24%), Vitamin B12: 1.97µg (32.84%), Vitamin B3: 6.31mg (31.57%), Vitamin B1: 0.47mg (31.32%), Vitamin A: 1529.64IU (30.59%), Vitamin B6: 0.5mg (25.08%), Vitamin E: 2.14mg (14.27%), Magnesium: 55.46mg (13.87%), Potassium: 481.18mg (13.75%), Vitamin B5: 1.35mg (13.55%), Folate: 45.76µg (11.44%), Vitamin D: 1.31µg (8.74%), Vitamin C: 6.27mg (7.6%), Iron: 1.32mg (7.35%), Copper: 0.13mg (6.56%), Manganese: 0.08mg (4.11%), Fiber: 0.87g (3.47%)