



Gruyère-Bacon Dip

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 tablespoons green onions chopped
- ☐ 1 cup gruyère cheese shredded
- ☐ 0.5 cup canola mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 4 center-cut bacon crumbled cooked

☐ 1 teaspoon worcestershire sauce

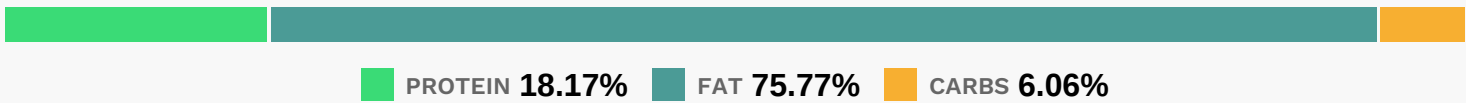
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Remove from heat.
- ☐ Place onion in a 2 1/2-quart electric slow cooker coated with cooking spray.
- ☐ Add cheese and next 5 ingredients (through cream cheese). Stir until blended. Cover and cook on LOW for 1 1/2 hours or until cheese melts, stirring after 45 minutes. Top with green onions and bacon.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.4352173844109%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 122.38kcal (6.12%), Fat: 10.26g (15.78%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.12g (1.24%), Cholesterol: 17.35mg (5.78%), Sodium: 244.48mg (10.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Calcium: 136.24mg (13.62%), Phosphorus: 135.93mg (13.59%), Vitamin K: 13.27µg (12.63%), Vitamin B12: 0.3µg (5.04%), Selenium: 3.32µg (4.74%), Zinc: 0.63mg (4.17%), Vitamin B2: 0.07mg (4.06%), Vitamin B5: 0.22mg (2.15%), Potassium: 71.42mg (2.04%), Vitamin A: 100.29IU (2.01%), Vitamin B1: 0.03mg (2%), Magnesium: 7.78mg (1.94%), Folate: 7.7µg (1.93%), Vitamin E: 0.29mg (1.92%), Vitamin B6: 0.04mg (1.79%), Vitamin B3: 0.28mg (1.39%)