



## Homemade BBQ Chips and Blue Cheese Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 ounces cheese blue crumbled
- 1 tablespoon brown sugar
- 1 teaspoon cayenne pepper
- 2 tablespoon freshly chives chopped for garnish
- 1 tablespoon paprika
- 1 tablespoon freshly cracked pepper black
- 1 large bag kettle potato chips salted
- 12 servings salt and pepper black freshly ground

- 1 tablespoon sea salt
- 0.3 cup shallots roughly chopped
- 2 pints cup heavy whipping cream sour

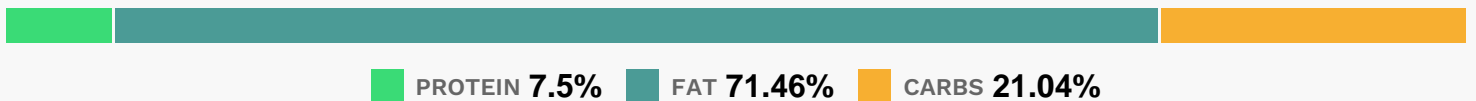
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 300 degrees F.
- For the dip: To a food processor, add the shallots, blue cheese, sour cream, and season with salt and pepper, to taste. Process to combine and pour into a serving dish.
- Garnish with more pepper and chives.
- For the chips: To a small bowl, add all the spices and toss to combine.
- Add the potato chips and the spice mix to a big brown bag and toss to combine.
- Pour out onto a baking sheet and place into the oven to warm through, about 5 minutes.
- When ready to serve, place into a serving dish and serve with Blue Cheese Dip.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:8.2926087223965%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 309.66kcal (15.48%), Fat: 25.25g (38.85%), Saturated Fat: 10.85g (67.78%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.57g (5.66%), Sugar: 4.26g (4.73%), Cholesterol: 55.39mg (18.46%), Sodium: 842.8mg (36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.93%), Vitamin A: 963.35IU (19.27%), Vitamin E: 2.53mg (16.84%), Calcium: 153.71mg (15.37%), Phosphorus: 141.15mg (14.11%), Vitamin B5: 1.33mg (13.32%), Manganese: 0.24mg (12.14%), Vitamin B2: 0.21mg (12.09%), Potassium: 399.84mg (11.42%), Vitamin B6: 0.19mg (9.44%), Vitamin K: 8.34µg (7.94%), Selenium: 5.26µg (7.52%), Vitamin C: 5.61mg (6.8%), Magnesium: 26.19mg (6.55%), Vitamin B3: 1.19mg (5.94%), Zinc: 0.84mg (5.61%), Vitamin B12: 0.31µg (5.16%), Fiber: 1.16g (4.63%), Vitamin B1: 0.07mg (4.4%), Folate: 17.25µg (4.31%), Copper: 0.08mg (4.1%), Iron: 0.61mg (3.38%)