



Hot Bacon Cheese Spread

READY IN



35 min.

SERVINGS



35

CALORIES



206 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 16 oz round bread italian
- 8 oz colby & monterey jack cheeses shredded kraft
- 1 clove garlic minced
- 1 cup real mayo mayonnaise kraft
- 1 small onion finely chopped
- 1 cup parmesan cheese grated kraft
- 12 slices oscar mayer center cut bacon crumbled cooked

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 400F.
- Cut lengthwise slice from top of bread loaf.
- Remove center, leaving 1-inch-thick shell.
- Cut removed bread into bite-sized peices; set aside.
- Mix remaining ingredients until well blended. Spoon into bread shell; cover with top of bread. Wrap in foil.
- Place on baking sheet.
- Bake 15 to 20 or until filling is heated through.
- Serve with the reserved bread pieces and assorted crackers.

Nutrition Facts

PROTEIN 9.9% **FAT 75.11%** **CARBS 14.99%**

Properties

Glycemic Index:3.06, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.0156521518593%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 205.79kcal (10.29%), Fat: 17.14g (26.37%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.16g (4.62%), Cholesterol: 19.48mg (6.49%), Sodium: 259.66mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Vitamin K: 10.66µg (10.16%), Phosphorus: 72.35mg (7.24%), Calcium: 71.39mg (7.14%), Selenium: 4.59µg (6.56%), Vitamin B3: 1.09mg (5.45%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.51mg (3.39%), Vitamin B2: 0.06mg (3.39%), Vitamin B12: 0.16µg (2.7%), Folate: 10.2µg (2.55%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (2.21%), Potassium: 70.59mg (2.02%), Vitamin E: 0.3mg (1.97%), Vitamin A: 97.9IU (1.96%), Fiber: 0.49g (1.96%), Magnesium: 6.65mg (1.66%), Vitamin B5: 0.11mg (1.05%)