



## Hot Cheesy Bacon Dip

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon divided crumbled cooked
- 0.8 cup three cheese shredded with a touch of philadelphia, divided kraft
- 8 oz philadelphia cream cheese softened
- 2 green onions divided finely chopped
- 0.3 cup real mayo mayonnaise kraft

## Equipment

- oven

## Directions

- Heat oven to 350F.
- Reserve 2 Tbsp. each shredded cheese, bacon and onions for garnish.
- Mix remaining ingredients until blended; spread onto bottom of 9-inch pie plate sprayed with cooking spray.
- Bake 15 min. or until hot and bubbly around edge.
- Garnish with reserved ingredients.

## Nutrition Facts

**PROTEIN 9.04%** **FAT 87.44%** **CARBS 3.52%**

## Properties

Glycemic Index:5.44, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.4573912993073%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 80.88kcal (4.04%), Fat: 7.91g (12.16%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.39g (0.44%), Cholesterol: 16.13mg (5.38%), Sodium: 93.08mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 7.13µg (6.79%), Selenium: 2.52µg (3.6%), Calcium: 33.87mg (3.39%), Vitamin A: 168.62IU (3.37%), Phosphorus: 31.28mg (3.13%), Vitamin B2: 0.04mg (2.35%), Vitamin E: 0.22mg (1.48%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.28%)