



Hot Triple-Cheese & Bacon Spread

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 0.8 cup knudsen milkfat cottage cheese 2% low fat
- 0.3 tsp garlic powder
- 8 oz philadelphia neufchatel cheese softened
- 2 Tbsp onions chopped
- 3 slices oscar mayer turkey bacon cut into 1/2-inch pieces
- 1 tsp lea & perrins worcestershire sauce

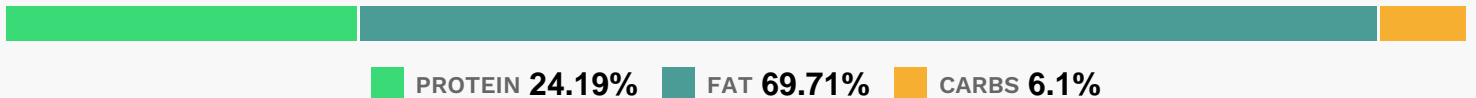
Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

Directions

- Heat oven to 375F.
- Cook bacon and onions in small nonstick skillet on medium heat 3 min. or until onions are lightly browned, stirring frequently.
- Remove from heat.
- Beat Neufchatel in medium bowl with mixer until creamy.
- Add cheddar and cottage cheeses; mix well.
- Add bacon mixture, Worcestershire sauce and garlic powder; mix well. Spoon into small baking dish sprayed with cooking spray; cover.
- Bake 15 min. or until heated through, uncovering after 10 min.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.95608695774623%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 38.07kcal (1.9%), Fat: 2.96g (4.55%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.39g (0.43%), Cholesterol: 9.39mg (3.13%), Sodium: 92.1mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Phosphorus: 36.1mg (3.61%), Calcium: 33.8mg (3.38%), Selenium: 1.86µg (2.66%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 88.98IU (1.78%), Zinc: 0.23mg (1.52%), Vitamin B12: 0.09µg (1.47%)