



## Lindy's Bacon and Onion Cheese Spread

 Gluten Free

READY IN



565 min.

SERVINGS



3

CALORIES



1165 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 pound bacon
- 16 ounce cream cheese softened
- 0.5 bunch green onions finely chopped
- 0.5 cup mayonnaise
- 0.5 cup freshly parmesan cheese shredded

### Equipment

- bowl
- frying pan

paper towels

## Directions

- Cook the bacon in a large, deep skillet over medium–high heat, until evenly browned and crispy, about 10 minutes; drain on a paper towel–lined plate. Crumble once cool to the touch.
- Beat the cream cheese and mayonnaise together in a bowl until light and fluffy.
- Add the Parmesan cheese, most of the crumbled bacon, and most of the green onion into the cream cheese mixture, reserving just enough bacon and green onion for garnish; stir until all ingredients are evenly incorporated. Chill in refrigerator until slightly firm, 1 to 2 hours; shape the mixture into a ball and roll in the reserved bacon and green onions. Return to refrigerator until set, 8 hours or overnight.

## Nutrition Facts

**PROTEIN 8.62%** **FAT 87.84%** **CARBS 3.54%**

## Properties

Glycemic Index:45.33, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:18.014347945866%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 1164.92kcal (58.25%), Fat: 114.25g (175.78%), Saturated Fat: 47.7g (298.11%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 10.25g (3.73%), Sugar: 6.12g (6.8%), Cholesterol: 229.62mg (76.54%), Sodium: 1479.93mg (64.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.46%), Vitamin K: 72.59µg (69.14%), Selenium: 32.83µg (46.9%), Vitamin A: 2252.87IU (45.06%), Phosphorus: 395.63mg (39.56%), Calcium: 353.64mg (35.36%), Vitamin B2: 0.47mg (27.92%), Vitamin E: 2.91mg (19.39%), Vitamin B1: 0.26mg (17.06%), Vitamin B3: 3.24mg (16.22%), Vitamin B12: 0.96µg (15.92%), Vitamin B6: 0.31mg (15.32%), Zinc: 2.18mg (14.52%), Vitamin B5: 1.42mg (14.24%), Potassium: 383.11mg (10.95%), Magnesium: 31.19mg (7.8%), Folate: 19.2µg (4.8%), Iron: 0.75mg (4.17%), Copper: 0.07mg (3.74%), Vitamin D: 0.46µg (3.07%), Manganese: 0.04mg (1.86%)