



## Loaded Baked Potato Dip

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.1 oz bacon fully cooked
- 0.3 cup chives fresh sliced
- 4 servings fries
- 2 teaspoons hot sauce
- 8 oz sharp cheddar cheese shredded
- 16 oz cream sour
- 4 servings oz. bacon into pieces fresh crumbled cooked sliced

## Equipment

paper towels

microwave

## Directions

Microwave bacon according to package directions until crisp; drain on paper towels. Cool 10 minutes; crumble. Stir together bacon and next 4 ingredients. Cover and chill 1 to 24 hours before serving.

Garnish, if desired.

Serve with crispy, warm waffle fries. Store leftovers in refrigerator up to 7 days.

Note: We tested with Oscar Mayer Fully Cooked Bacon.

## Nutrition Facts

**PROTEIN 16.06%** **FAT 78.46%** **CARBS 5.48%**

## Properties

Glycemic Index:34.08, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:13.603043460328%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 532.91kcal (26.65%), Fat: 46.9g (72.15%), Saturated Fat: 24.32g (152%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.23g (2.63%), Sugar: 4.14g (4.6%), Cholesterol: 139.77mg (46.59%), Sodium: 743.87mg (32.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Calcium: 520.35mg (52.03%), Phosphorus: 406.54mg (40.65%), Selenium: 27.82µg (39.75%), Vitamin A: 1428.44IU (28.57%), Vitamin B2: 0.48mg (28.29%), Zinc: 2.93mg (19.56%), Vitamin B12: 1µg (16.69%), Vitamin K: 10.21µg (9.72%), Vitamin B6: 0.17mg (8.74%), Vitamin B3: 1.75mg (8.73%), Vitamin B1: 0.13mg (8.44%), Magnesium: 32.94mg (8.24%), Vitamin B5: 0.8mg (8%), Potassium: 276.72mg (7.91%), Vitamin E: 0.93mg (6.19%), Folate: 22.55µg (5.64%), Vitamin C: 4.52mg (5.47%), Copper: 0.06mg (3.04%), Vitamin D: 0.4µg (2.66%), Iron: 0.39mg (2.15%), Manganese: 0.04mg (1.86%)