



Loaded Baked Potato Dip



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



496 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon crumbled cooked
- ☐ 4 green onions sliced
- ☐ 2 cups cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

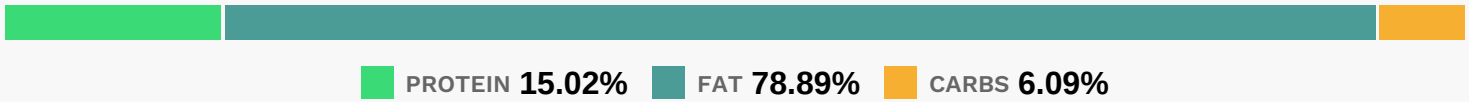
Equipment

Directions

☐

Mix everything and enjoy scooping with potato chips.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:13.433043448821%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 496.33kcal (24.82%), Fat: 44.04g (67.75%), Saturated Fat: 23.26g (145.41%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.33g (2.67%), Sugar: 4.33g (4.81%), Cholesterol: 131.32mg (43.77%), Sodium: 540.98mg (23.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.73%), Calcium: 523.51mg (52.35%), Phosphorus: 380.43mg (38.04%), Selenium: 24.31µg (34.73%), Vitamin A: 1395.2IU (27.9%), Vitamin B2: 0.47mg (27.52%), Vitamin K: 27.9µg (26.57%), Zinc: 2.74mg (18.26%), Vitamin B12: 0.92µg (15.4%), Magnesium: 31.47mg (7.87%), Potassium: 258.29mg (7.38%), Vitamin B5: 0.71mg (7.13%), Vitamin B6: 0.14mg (6.78%), Folate: 26.35µg (6.59%), Vitamin E: 0.95mg (6.36%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 1.04mg (5.19%), Vitamin C: 3.28mg (3.97%), Copper: 0.06mg (2.87%), Vitamin D: 0.37µg (2.47%), Iron: 0.42mg (2.35%), Manganese: 0.04mg (1.95%), Fiber: 0.31g (1.25%)