



## Onion-Bacon Dip

 Gluten Free

READY IN



38 min.

SERVINGS



10

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb acorn squash
- 6 slices bacon
- 10 servings garnish: chives fresh chopped
- 8 oz cream cheese softened
- 1 large leek
- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 1 large onion sweet minced

10 servings multigrain and vegetable chips assorted

## Equipment

frying pan

paper towels

## Directions

Remove and discard root ends and dark green top of leek.

Cut in half lengthwise, and rinse thoroughly under cold running water to remove grit and sand; thinly slice leek.

Cook bacon in a large skillet over medium-high heat 6 to 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.

Saut onion and leek in hot drippings 15 minutes or until tender and golden.

Stir together onion mixture, bacon, cream cheese, sour cream, and salt. Cover and chill 1 hour.

Cut about 1/2 to 1 inch from top of squash; remove and discard seeds.

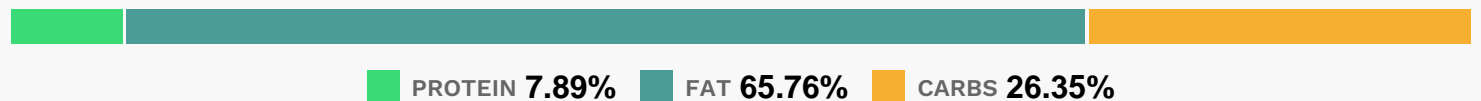
Heat a small skillet over medium-high heat.

Place squash, cut side down, in skillet, and cook 3 to 5 minutes or until cut side is golden brown and caramelized.

Serve dip in squash with assorted chips.

Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:8.2334781768529%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

4.86mg, Quercetin: 4.86mg

## **Nutrients (% of daily need)**

Calories: 235.17kcal (11.76%), Fat: 17.8g (27.39%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 14.16g (5.15%), Sugar: 3.66g (4.07%), Cholesterol: 45.19mg (15.06%), Sodium: 294.08mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Vitamin A: 977.92IU (19.56%), Vitamin C: 13.49mg (16.35%), Potassium: 462.31mg (13.21%), Vitamin B6: 0.26mg (13.19%), Vitamin B1: 0.19mg (12.91%), Manganese: 0.23mg (11.61%), Phosphorus: 106.82mg (10.68%), Magnesium: 41.03mg (10.26%), Calcium: 88.78mg (8.88%), Selenium: 6.18µg (8.82%), Folate: 33.42µg (8.36%), Fiber: 1.89g (7.56%), Vitamin B2: 0.12mg (7.14%), Vitamin B5: 0.7mg (6.96%), Vitamin K: 7.23µg (6.89%), Vitamin B3: 1.32mg (6.58%), Iron: 1.03mg (5.74%), Copper: 0.1mg (5.2%), Zinc: 0.53mg (3.51%), Vitamin E: 0.43mg (2.87%), Vitamin B12: 0.16µg (2.74%)