



Quick Cheesy Bacon Dip

 Gluten Free

READY IN



6 min.

SERVINGS



6

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon crumbled fully cooked cooked
- 8 oz philadelphia cream cheese
- 0.3 cup grey poupon country dijon mustard
- 0.5 cup mozzarella cheese shredded kraft

Equipment

- aluminum foil
- microwave

Directions

- Remove cream cheese from foil wrapper; place on microwaveable serving plate.
- Mix bacon and mustard; spread over cream cheese.
- Sprinkle with mozzarella cheese.
- Microwave on HIGH 45 seconds to 1 minute or until mozzarella cheese is melted.
- Serve warm with your favorite crackers or cut-up fresh vegetables.

Nutrition Facts

 **PROTEIN 11.69%**  **FAT 83.52%**  **CARBS 4.79%**

Properties

Glycemic Index:14.33, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:4.8143478938095%

Nutrients (% of daily need)

Calories: 258.37kcal (12.92%), Fat: 24.17g (37.19%), Saturated Fat: 11.81g (73.84%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.66g (1.85%), Cholesterol: 60.07mg (20.02%), Sodium: 436.98mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Selenium: 12.79µg (18.27%), Vitamin A: 586.25IU (11.72%), Phosphorus: 116.37mg (11.64%), Calcium: 91.43mg (9.14%), Vitamin B2: 0.14mg (8.12%), Vitamin B12: 0.41µg (6.77%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.79mg (5.25%), Vitamin B3: 0.99mg (4.94%), Vitamin B6: 0.09mg (4.51%), Vitamin B5: 0.38mg (3.82%), Potassium: 116.11mg (3.32%), Magnesium: 12.89mg (3.22%), Vitamin E: 0.47mg (3.16%), Manganese: 0.05mg (2.63%), Iron: 0.34mg (1.88%), Fiber: 0.45g (1.78%), Copper: 0.02mg (1.24%), Folate: 4.78µg (1.2%), Vitamin K: 1.16µg (1.11%)