



Ryan's Reverse Popper Dip

 Popular

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bacon
- ☐ 1 teaspoon canola oil
- ☐ 3 tablespoons bread crumbs dry
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 10 jalapeño peppers seeded chopped
- ☐ 16 ounce neufchâtel cheese at room temperature
- ☐ 1 teaspoon oregano dried

- ☐ 2 cups sharp cheddar cheese shredded reduced-fat
- ☐ 1 teaspoon onion sweet minced

Equipment

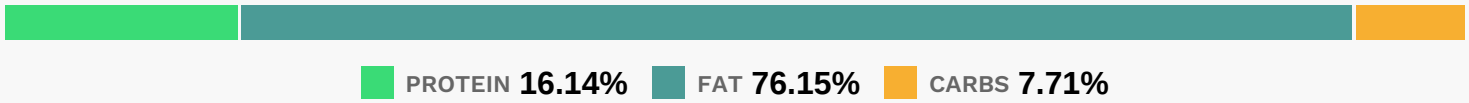
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil; place a baking rack atop the aluminum foil.
- ☐ Lay bacon strips in a single layer on the baking rack.
- ☐ Bake in the preheated oven until crisp, 25 to 35 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Increase oven temperature to 375 degrees F (190 degrees C).
- ☐ Heat canola oil in a skillet over medium heat; cook and stir onion in the hot oil until slightly softened, about 2 minutes.
- ☐ Add garlic; cook until fragrant, 1 to 2 minutes.
- ☐ Remove from heat and cool.
- ☐ Coarsely chop 4 slices bacon; mix with bread crumbs in a bowl. Coarsely chop the remaining 4 slices bacon to mix with dip.
- ☐ Mix Neufchatel cheese, Cheddar cheese, onion-garlic mixture, chopped bacon, jalapeno peppers, cumin, and oregano in the bowl of a stand mixer fitted with paddle. Spoon mixture using a rubber spatula into an 8-inch pie pan.

- ☐
- Sprinkle bread crumb–bacon mixture over dip.
- ☐
- Bake in the preheated oven until dip is bubbling and topping is lightly browned, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:6.8895652501479%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 251.26kcal (12.56%), Fat: 21.37g (32.88%), Saturated Fat: 10.47g (65.44%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.33g (1.58%), Sugar: 1.93g (2.15%), Cholesterol: 56.48mg (18.83%), Sodium: 365.44mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.39%), Calcium: 188.27mg (18.83%), Vitamin C: 13.98mg (16.95%), Phosphorus: 168.02mg (16.8%), Selenium: 10.16µg (14.51%), Vitamin A: 641.73IU (12.83%), Vitamin B2: 0.17mg (10.2%), Zinc: 1.24mg (8.27%), Vitamin B12: 0.4µg (6.59%), Vitamin B6: 0.13mg (6.33%), Vitamin E: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.65%), Vitamin B3: 1.01mg (5.04%), Vitamin K: 4.7µg (4.48%), Vitamin B5: 0.43mg (4.31%), Potassium: 140.32mg (4.01%), Folate: 15.56µg (3.89%), Magnesium: 14.33mg (3.58%), Manganese: 0.06mg (2.98%), Iron: 0.41mg (2.3%), Fiber: 0.53g (2.12%), Copper: 0.04mg (1.87%), Vitamin D: 0.17µg (1.14%)