



## Slow-Cooker Bacon Cheeseburger Dip

READY IN



140 min.

SERVINGS



28

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 slices bacon
- ☐ 0.5 lb ground beef 85% lean (at least )
- ☐ 8 oz cream cheese cubed
- ☐ 8 oz processed cheese food shredded (2 cups)
- ☐ 10 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 medium bell pepper red cut into bite-size strips
- ☐ 5.3 oz roasted-garlic bagel chips mini

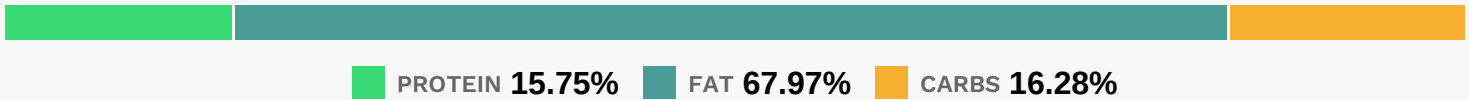
# Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

# Directions

- ☐ In 12-inch skillet, cook bacon over medium-high heat, turning occasionally, until crisp; drain on paper towels. Crumble bacon; reserve 2 tablespoons bacon for garnish.
- ☐ In same skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Reduce heat to low. Stir in cream cheese, shredded cheese, tomatoes and crumbled bacon until well mixed and cheese starts to melt.
- ☐ Pour mixture into 1- to 1 1/2-quart slow cooker. Cover; cook on Low heat setting 2 to 3 hours or until hot and bubbly.
- ☐ Stir parsley into dip.
- ☐ Sprinkle with reserved bacon for garnish. Keep on Low heat setting to serve.
- ☐ Serve with bell pepper strips and bagel chips.

# Nutrition Facts



# Properties

Glycemic Index:4.21, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:4.3539130298988%

# Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 130.74kcal (6.54%), Fat: 9.97g (15.33%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.89g (1.78%), Sugar: 1.47g (1.63%), Cholesterol: 25.94mg (8.65%), Sodium: 268.1mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin C: 12.2mg (14.79%), Calcium: 98.16mg

(9.82%), Vitamin A: 489.7IU (9.79%), Phosphorus: 87.79mg (8.78%), Selenium: 4.89µg (6.99%), Vitamin B12: 0.35µg (5.78%), Vitamin K: 5.88µg (5.6%), Zinc: 0.72mg (4.78%), Vitamin B6: 0.09mg (4.49%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.07mg (4%), Iron: 0.61mg (3.4%), Potassium: 96.28mg (2.75%), Vitamin E: 0.4mg (2.64%), Vitamin B1: 0.03mg (2.21%), Vitamin B5: 0.2mg (1.98%), Fiber: 0.48g (1.92%), Magnesium: 7.32mg (1.83%), Folate: 7.02µg (1.75%), Manganese: 0.02mg (1.17%), Copper: 0.02mg (1.11%)