



## Smoked Almond, Cheddar and Bacon Dip

READY IN



45 min.

SERVINGS



32

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 16 ounces cream cheese cubed
- ☐ 15 ounces sharp cheddar cheese
- ☐ 0.5 cup milk
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.5 cup almonds smoked whole canned coarsely chopped
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 sticks bread raw assorted

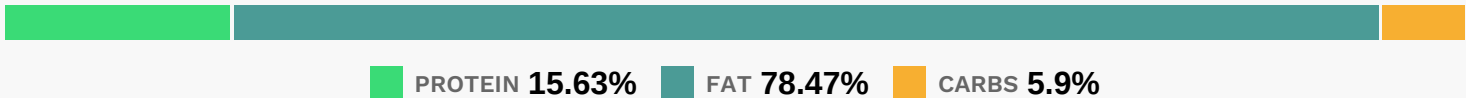
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slow cooker

# Directions

- ☐ Heat cream cheese, cheese spread, milk and garlic in 2-quart saucepan over
- ☐ medium heat, stirring frequently, until cheese is melted and smooth. Stir in onions
- ☐ and 1/4 cup of the almonds.
- ☐ Spoon into 1-quart slow cooker to keep warm if desired or into serving bowl.
- ☐ Sprinkle with bacon and remaining 1/4 cup almonds.
- ☐ Serve with vegetables. Dip
- ☐ will hold in slow cooker on Low heat setting up to 2 hours; stir occasionally. 32
- ☐ servings (2 tablespoons dip each).

# Nutrition Facts



# Properties

Glycemic Index:6.96, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:3.3443477798415%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 124.08kcal (6.2%), Fat: 10.98g (16.9%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.87g (0.97%), Cholesterol: 29.05mg (9.68%), Sodium: 149.91mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Calcium: 118.99mg (11.9%), Phosphorus: 94.83mg (9.48%), Selenium: 5.68µg (8.11%), Vitamin B2: 0.12mg (7.34%), Vitamin A: 333.84IU (6.68%), Vitamin E: 0.8mg (5.35%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.2µg (3.39%), Magnesium: 11.78mg (2.94%), Manganese: 0.06mg (2.84%), Vitamin B5: 0.17mg (1.73%), Potassium: 57.48mg (1.64%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.46%), Vitamin K: 1.41µg (1.34%), Vitamin B1: 0.02mg (1.33%), Folate: 5.32µg (1.33%), Fiber: 0.29g (1.17%), Vitamin B3: 0.21mg (1.07%)