



Smokin' Chipotle Bacon-Onion Dip

READY IN



70 min.

SERVINGS



10

CALORIES



352 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 1 chipotle pepper in adobo sauce (with 1 tsp. sauce), finely chopped canned
- 16 oz knudsen cream sour
- 2 green onions sliced
- 1 oz env. onion soup mix
- 0.5 tsp paprika smoked
- 6 slices oscar mayer center cut bacon divided crumbled cooked
- 10 servings wheat snack crackers thin

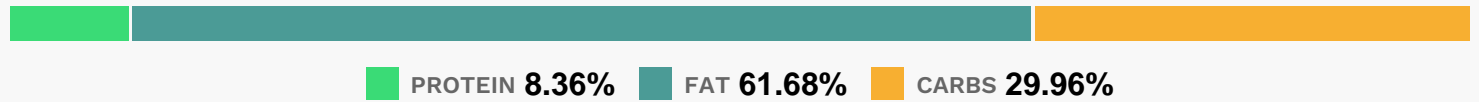
Equipment

bowl

Directions

- Mix sour cream and soup mix in medium bowl until blended.
- Add cheese, 2/3 of the bacon, peppers, adobo sauce and paprika.
- Refrigerate 1 hour.
- Top with remaining bacon and onions.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.8513043263684%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 351.55kcal (17.58%), Fat: 24.28g (37.36%), Saturated Fat: 9.54g (59.6%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 24.12g (8.77%), Sugar: 5.8g (6.45%), Cholesterol: 46.67mg (15.56%), Sodium: 649.07mg (28.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Calcium: 111.45mg (11.14%), Selenium: 7.78µg (11.12%), Phosphorus: 98.64mg (9.86%), Fiber: 2.42g (9.67%), Vitamin A: 420.88IU (8.42%), Vitamin B2: 0.13mg (7.62%), Vitamin K: 5.9µg (5.62%), Iron: 0.98mg (5.46%), Vitamin B1: 0.08mg (5.33%), Vitamin B6: 0.1mg (5%), Vitamin B3: 0.98mg (4.89%), Vitamin B12: 0.26µg (4.39%), Zinc: 0.66mg (4.38%), Potassium: 133.16mg (3.8%), Vitamin B5: 0.32mg (3.24%), Magnesium: 11.01mg (2.75%), Vitamin E: 0.35mg (2.36%), Manganese: 0.03mg (1.61%), Copper: 0.03mg (1.59%), Folate: 5.49µg (1.37%), Vitamin C: 0.96mg (1.16%)