



Swiss and Bacon Dip

READY IN



28 min.

SERVINGS



6

CALORIES



803 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds smoked coarsely chopped
- 6 servings grain baguettes whole sliced for dipping
- 8 ounces cream cheese softened
- 0.5 cup mayonnaise
- 2 teaspoons mustard dijon style prepared
- 3 scallions chopped
- 1.5 cups swiss cheese shredded
- 8 slices center cut bacon chopped

Equipment

- frying pan
- paper towels
- oven
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Brown bacon in nonstick skillet over medium high heat.
- Drain crisp bacon bits on paper towels.
- In a mixing bowl, combine cream cheese, mayonnaise, Dijon, Swiss and scallions with cooked bacon.
- Transfer to a shallow small casserole or baking dish and bake until golden and bubbly at edges, 15 to 18 minutes. Top with chopped smoked almonds.
- Place dip on a platter and surround warm casserole with breads and carrots for dipping.

Nutrition Facts

 **PROTEIN 12.22%**  **FAT 69.38%**  **CARBS 18.4%**

Properties

Glycemic Index:41.63, Glycemic Load:22.05, Inflammation Score:-7, Nutrition Score:21.583478310834%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 803.2kcal (40.16%), Fat: 62.15g (95.61%), Saturated Fat: 21.92g (137.02%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 34.02g (12.37%), Sugar: 5.21g (5.79%), Cholesterol: 102.81mg (34.27%), Sodium: 1019.87mg (44.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Selenium: 33.55µg (47.93%), Vitamin K: 45.96µg (43.77%), Phosphorus: 390.6mg (39.06%), Calcium: 385.48mg (38.55%), Vitamin B1: 0.55mg (36.62%), Vitamin B2: 0.56mg (32.85%), Vitamin E: 4.58mg (30.54%), Manganese: 0.6mg (29.9%), Vitamin B3: 5.36mg (26.79%), Folate: 84.45µg (21.11%), Vitamin B12: 1.16µg (19.35%), Zinc: 2.87mg (19.17%), Magnesium: 69.07mg (17.27%), Iron: 3.08mg (17.1%), Vitamin A: 822.76IU (16.46%), Vitamin B6: 0.26mg (12.85%), Copper: 0.25mg (12.48%), Fiber: 3.06g (12.24%), Potassium: 353.61mg (10.1%), Vitamin B5: 0.94mg (9.37%), Vitamin D: 0.23µg (1.53%), Vitamin C: 1.13mg (1.38%)