



The Best Bacon-Tomato Dip

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



527 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon cooked drained chopped
- 4 ounces cream cheese room temperature
- 0.5 cup mayonnaise
- 0.3 cup onions chopped
- 0.5 cup cheddar cheese shredded
- 1 cup cup heavy whipping cream sour
- 1 tomatoes diced seeded

Equipment

bowl

Directions

Stir together sour cream, mayonnaise, cream cheese, Cheddar cheese, chopped onion, tomato and bacon in a bowl until well mixed. Chill for two hours before serving.

Nutrition Facts

PROTEIN 8.4% **FAT 86.28%** **CARBS 5.32%**

Properties

Glycemic Index:42.25, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:10.463913005331%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 526.8kcal (26.34%), Fat: 50.94g (78.36%), Saturated Fat: 18.97g (118.59%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.53g (2.37%), Sugar: 4.47g (4.96%), Cholesterol: 100.32mg (33.44%), Sodium: 580.56mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.31%), Vitamin K: 49.91µg (47.53%), Vitamin A: 1159.48IU (23.19%), Selenium: 15.34µg (21.92%), Phosphorus: 201.45mg (20.14%), Calcium: 194.37mg (19.44%), Vitamin B2: 0.27mg (15.64%), Vitamin E: 1.71mg (11.37%), Zinc: 1.33mg (8.86%), Vitamin B12: 0.5µg (8.29%), Potassium: 273.13mg (7.8%), Vitamin B3: 1.54mg (7.7%), Vitamin B6: 0.15mg (7.61%), Vitamin B1: 0.11mg (7.21%), Vitamin C: 5.47mg (6.63%), Vitamin B5: 0.63mg (6.35%), Magnesium: 20.5mg (5.12%), Folate: 16.88µg (4.22%), Manganese: 0.06mg (3.17%), Copper: 0.06mg (3%), Fiber: 0.54g (2.16%), Iron: 0.37mg (2.06%), Vitamin D: 0.19µg (1.26%)