



The Best BLT Dip

READY IN

ready

25 min.

SERVINGS

servings

30

CALORIES

calories

370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bacon
- ☐ 0.5 teaspoon garlic powder
- ☐ 32 ounce mayonnaise
- ☐ 30 servings salt and pepper to taste
- ☐ 32 ounces cup heavy whipping cream sour
- ☐ 1 tomatoes chopped
- ☐ 1 pound sandwich bread white sliced

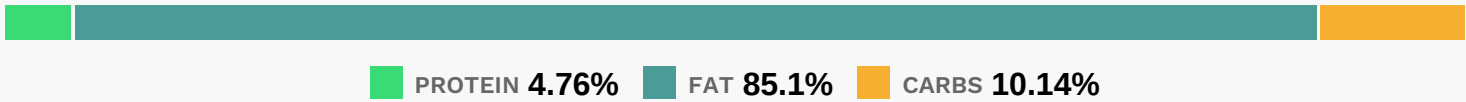
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ immersion blender

Directions

- ☐ In a large skillet, brown entire pound of bacon until crisp, placing cooked strips on paper towels to absorb grease.
- ☐ For best results, finely chop bacon in a food processor or with a hand blender, but finely chopping by hand will also work.
- ☐ In a large mixing bowl, blend bacon, tomato and jar of mayonnaise.
- ☐ Add half the container of sour cream, blend well.
- ☐ Add more sour cream by spoonfuls, until the mixture isn't overwhelmed by the taste of mayonnaise (you'll be left with about a cup or so of sour cream, typically). LIGHTLY coat the top of the mix with garlic powder, and blend.
- ☐ Add a dash of salt and pepper to taste. Toast the bread, then cut into fours.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:5.43, Inflammation Score:-3, Nutrition Score:6.3373912909757%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 370.28kcal (18.51%), Fat: 35.04g (53.9%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 9g (3.27%), Sugar: 2.12g (2.36%), Cholesterol: 40.52mg (13.51%), Sodium: 567.63mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin K: 50.1µg (47.71%), Selenium: 8.37µg (11.96%), Vitamin B1: 0.13mg (8.61%), Vitamin E: 1.23mg (8.18%), Phosphorus: 69.38mg (6.94%), Vitamin B3: 1.38mg

(6.9%), Calcium: 66.19mg (6.62%), Vitamin B2: 0.11mg (6.23%), Folate: 20.75µg (5.19%), Manganese: 0.1mg (5.11%), Vitamin A: 247.95IU (4.96%), Iron: 0.67mg (3.72%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.47mg (3.1%), Vitamin B12: 0.18µg (2.92%), Potassium: 101.83mg (2.91%), Magnesium: 9.72mg (2.43%), Copper: 0.04mg (1.96%), Fiber: 0.4g (1.61%), Vitamin C: 0.83mg (1.01%)