



VELVEETA Bacon and Green Onion Dip

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream sour
- 4 green onions sliced
- 0.5 cup oscar mayer real bacon recipe pieces
- 16 oz velveeta cut into 1/2-inch cubes
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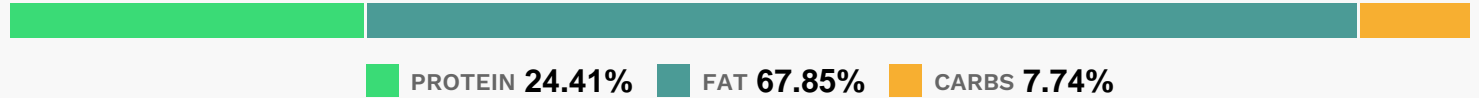
Equipment

- bowl
- microwave

Directions

- Mix VELVEETA, onions and bacon in large microwaveable bowl. Microwave on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min.
- Stir in sour cream.
- Serve with assorted cut-up fresh vegetables or crackers.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.52739130219688%

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: 22.24kcal (1.11%), Fat: 1.72g (2.65%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.25g (0.28%), Cholesterol: 7.43mg (2.48%), Sodium: 86.92mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin K: 5.05µg (4.81%), Vitamin A: 59.75IU (1.2%)