



## Warm Blue Cheese Dip with Garlic and Bacon

 Gluten Free

READY IN



60 min.

SERVINGS



7

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7 slices bacon
- 4 ounces cheese blue crumbled
- 8 ounce cream cheese softened
- 2 tablespoons chives fresh chopped
- 2 cloves garlic minced peeled
- 0.3 cup half-and-half

### Equipment

- bowl

- frying pan
- paper towels
- oven
- baking pan
- hand mixer

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Remove bacon from skillet, drain on paper towels and crumble.
- Place garlic in hot bacon grease. Cook and stir until soft, about 1 minute.
- Remove from heat.
- Preheat oven to 350 degrees F (175 degrees C).
- Place cream cheese and half-and-half in a medium bowl. Beat with an electric mixer until blended. Stir in bacon, garlic, blue cheese and chives.
- Transfer mixture to a medium baking dish.
- Bake covered in the preheated oven 30 minutes, or until lightly browned.

## Nutrition Facts

**PROTEIN 12.42%** **FAT 83.04%** **CARBS 4.54%**

## Properties

Glycemic Index:18.43, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:5.2426086884478%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 275.18kcal (13.76%), Fat: 25.53g (39.28%), Saturated Fat: 13.11g (81.93%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.68g (1.87%), Cholesterol: 62.42mg (20.81%), Sodium: 439.11mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Selenium: 9.96µg (14.23%), Phosphorus: 139.06mg (13.91%), Calcium: 129.65mg (12.96%), Vitamin A: 634.85IU (12.7%), Vitamin B2: 0.17mg (10.17%), Vitamin

B12: 0.4µg (6.59%), Vitamin B5: 0.62mg (6.2%), Zinc: 0.9mg (6.01%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 1.1mg (5.5%), Vitamin B1: 0.08mg (5.19%), Potassium: 145.18mg (4.15%), Vitamin E: 0.44mg (2.92%), Vitamin K: 3.02µg (2.88%), Magnesium: 10.72mg (2.68%), Folate: 9.93µg (2.48%), Copper: 0.03mg (1.31%), Manganese: 0.03mg (1.25%), Iron: 0.21mg (1.16%), Vitamin D: 0.17µg (1.13%), Vitamin C: 0.84mg (1.02%)