

BLT Dip

Karen Bennett

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 tomato
1 cup sour cream
1/2 cup mayonnaise
1 to 1-1/2 pounds bacon*

Cook the bacon very crispy and crumble (no grease).

Dice the tomato very small (no seeds).

In a bowl, mix all of the ingredients well.

Refrigerate for a couple of hours.

Serve with onion crackers, Hawaiian bread or Toastees.

Per Serving (excluding unknown items): 1344 Calories; 145g Fat (92.4% calories from fat); 11g Protein; 16g Carbohydrate; 1g Dietary Fiber; 146mg Cholesterol; 860mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 18 Fat.