

# Bacon-Onion Dip

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12 slices bacon, chopped  
2 large onions, sliced  
1 tablespoon dry sherry  
1/2 cup mayonnaise  
1/2 cup sour cream  
1/2 cup scallions, chopped  
1/2 cup parsley, chopped  
dash Worcestershire sauce

In a skillet, cook the chopped bacon slices until crisp. Remove from the pan, leaving two tablespoons of drippings in the pan.

Add the onions to the skillet and cook until caramelized, about 30 minutes.

Stir in the dry sherry and let cool.

In a bowl, mix the bacon, mayonnaise, sour cream, scallions, parsley and Worcestershire sauce.

Chill before serving.

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Per Serving (excluding unknown items): 1599 Calories; 156g Fat (84.9% calories from fat); 32g Protein; 30g Carbohydrate; 6g Dietary Fiber; 154mg Cholesterol; 1931mg Sodium. Exchanges: 3 Lean Meat; 4 1/2 Vegetable; 1/2 Non-Fat Milk; 18 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1599	<b>Vitamin B6 (mg):</b>	1.0mg
<b>% Calories from Fat:</b>	84.9%	<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>% Calories from Carbohydrates:</b>	7.2%	<b>Thiamin B1 (mg):</b>	.6mg
<b>% Calories from Protein:</b>	7.8%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	156g	<b>Folacin (mcg):</b>	143mcg
<b>Saturated Fat (g):</b>	41g	<b>Niacin (mg):</b>	7mg
<b>Monounsaturated Fat (g):</b>	50g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	51g	<b>Alcohol (kcal):</b>	17
<b>Cholesterol (mg):</b>	154mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	30g		
<b>Dietary Fiber (g):</b>	6g		

## Food Exchanges

Grain (Starch): 0

**Protein (g):** 32g  
**Sodium (mg):** 1931mg  
**Potassium (mg):** 1225mg  
**Calcium (mg):** 284mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 89mg  
**Vitamin A (i.u.):** 2961IU  
**Vitamin A (r.e.):** 509RE

**Lean Meat:** 3  
**Vegetable:** 4 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 18  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1599                      **Calories from Fat:** 1358

### % Daily Values\*

<b>Total Fat</b> 156g	239%
Saturated Fat 41g	206%
<b>Cholesterol</b> 154mg	51%
<b>Sodium</b> 1931mg	80%
<b>Total Carbohydrates</b> 30g	10%
Dietary Fiber 6g	25%
<b>Protein</b> 32g	
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<b>Vitamin A</b>	59%
<b>Vitamin C</b>	149%
<b>Calcium</b>	28%
<b>Iron</b>	27%

\* Percent Daily Values are based on a 2000 calorie diet.