

Cheddar, Jalapeno & Bacon Dip

KraftRecipes.com

Yield: 16 two tablespoon servings

1 package (8 ounce) Philadelphia cream cheese, softened
1/4 teaspoon garlic powder
1/4 cup beer
6 slices cooked thick-cut Hickory-smoked bacon, chopped
1 cup sharp Cheddar cheese, shredded
2 fresh jalapeno peppers, halved, seeded and thinly sliced

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a medium bowl, beat the cream cheese and garlic powder with a mixer until blended. Gradually beat in the beer.

Stir in the bacon, Cheddar cheese and jalapenos.

Spread onto the bottom of a 1-1/2 quart casserole or nine-inch pie plate.

Bake for 15 to 20 minutes or until heated through.

Serve with assorted hearty crackers, crisp breadsticks and/or cut-up fresh vegetables (such as celery sticks or red pepper strips).

Start to Finish Time: 30 minutes

While any variety of beer can be used to prepare this dip, an amber or dark beer produces a richer-flavored dip.

A non-alcoholic variation can be produced by substituting milk for the beer.

Per Serving (excluding unknown items): 481 Calories; 38g Fat (72.5% calories from fat); 28g Protein; 4g Carbohydrate; trace Dietary Fiber; 119mg Cholesterol; 707mg Sodium. Exchanges: 4 Lean Meat; 5 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	481	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	38g	Folacin (mcg):	24mcg

Saturated Fat (g): 24g
Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 119mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 28g
Sodium (mg): 707mg
Potassium (mg): 126mg
Calcium (mg): 821mg
Iron (mg): 1mg
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 1201IU
Vitamin A (r.e.): 360 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 24
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 481 **Calories from Fat:** 349

% Daily Values*

Total Fat 38g	58%
Saturated Fat 24g	120%
Cholesterol 119mg	40%
Sodium 707mg	29%
Total Carbohydrates 4g	1%
Dietary Fiber trace	0%
Protein 28g	
Vitamin A	24%
Vitamin C	0%
Calcium	82%
Iron	4%

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