

Corn and Bacon Dip

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 2 cups

2 ears corn
8 ounces lean bacon, finely chopped
1 clove garlic, crushed
8 ounces cream cheese, softened
chopped chives (for garnish)

Cut the corn kernels from the ears of corn. Cook in boiling water, covered, for about 10 minutes. Drain.

In a nonstick pan, cook the bacon until very crispy. Drain on paper towels.

Place the corn in a food processor with the garlic. Mix until quite smooth. Add the cream cheese. Process until well combined.

Spoon into a serving dish. Cool to room temperature. Sprinkle with the bacon and chives over the top.

Per Serving (excluding unknown items): 951 Calories; 81g Fat (74.0% calories from fat); 23g Protein; 41g Carbohydrate; 5g Dietary Fiber; 249mg Cholesterol; 698mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 14 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	951	Vitamin B6 (mg):	.2mg
% Calories from Fat:	74.0%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	16.7%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	81g	Folacin (mcg):	112mcg
Saturated Fat (g):	50g	Niacin (mg):	3mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	249mg	% Refuse:	0.0%
Carbohydrate (g):	41g		

Food Exchanges

Dietary Fiber (g): 5g
Protein (g): 23g
Sodium (mg): 698mg
Potassium (mg): 769mg
Calcium (mg): 190mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 3742IU
Vitamin A (r.e.): 1025 1/2RE

Grain (Starch): 2 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 951 Calories from Fat: 703

% Daily Values*

Total Fat	81g		125%
Saturated Fat	50g		251%
Cholesterol	249mg		83%
Sodium	698mg		29%
Total Carbohydrates	41g		14%
Dietary Fiber	5g		20%
Protein	23g		
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Vitamin A			75%
Vitamin C			22%
Calcium			19%
Iron			20%

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