

# Layered BLT Dip

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## Servings: 20

1 package (8 ounce) cream cheese, softened  
1/2 cup mayonnaise  
1/4 cup Parmesan cheese, grated  
1 cup lettuce, finely chopped  
8 strips bacon, cooked and crumbled  
4 plum tomatoes, chopped  
4 green onions, chopped  
1 1/2 cups (6 ounces) cheddar cheese, shredded  
toasted French baguette slices

In a bowl, beat the cream cheese, mayonnaise and Parmesan until blended. Spread into a shallow dish.

Layer with lettuce, tomatoes, onions and cheddar.

Refrigerate until serving.

Serve with baguette slices.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 137 Calories; 13g Fat (83.6% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 179mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	137
% Calories from Fat:	83.6%
% Calories from Carbohydrates:	3.8%
% Calories from Protein:	12.5%
Total Fat (g):	13g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	27mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n/a%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

**Sodium (mg):** 179mg  
**Potassium (mg):** 81mg  
**Calcium (mg):** 90mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 420IU  
**Vitamin A (r.e.):** 96 1/2RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 20

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### Amount Per Serving

**Calories** 137 **Calories from Fat:** 115

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#### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	6g	28%
<b>Cholesterol</b>	27mg	9%
<b>Sodium</b>	179mg	7%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	4g	

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<b>Vitamin A</b>	8%
<b>Vitamin C</b>	7%
<b>Calcium</b>	9%
<b>Iron</b>	2%

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