

# Warm and Creamy Bacon Dip

Walmart Ad

## Yield: 75 tablespoons

1 package (8 ounce) cream cheese, softened

2 cups sour cream

2 cups Cheddar cheese, shredded

1 cup green onion, chopped

1/4 cup bacon bits

Preheat the oven to 400 degrees.

In a bowl, combine all of the ingredients.

Place the mixture in a one-quart baking dish. Cover with aluminum foil.

Bake for 25 to 30 minutes or until hot.

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Per Serving (excluding unknown items): 2845 Calories; 259g Fat (80.4% calories from fat); 100g Protein; 42g Carbohydrate; 5g Dietary Fiber; 697mg Cholesterol; 3016mg Sodium. Exchanges: 1/2 Grain(Starch); 11 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Non-Fat Milk; 44 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	2845	Vitamin B6 (mg):	.3mg
% Calories from Fat:	80.4%	Vitamin B12 (mcg):	4.5mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.8%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	259g	Folacin (mcg):	213mcg
Saturated Fat (g):	160g	Niacin (mg):	2mg
Monounsaturated Fat (g):	73g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	697mg	% Refused:	n n%
Carbohydrate (g):	42g	<b>Food Exchanges</b>	
Dietary Fiber (g):	5g	Grain (Starch):	1/2
Protein (g):	100g	Lean Meat:	11 1/2
Sodium (mg):	3016mg	Vegetable:	1 1/2
Potassium (mg):	1462mg	Fruit:	0
Calcium (mg):	2459mg	Non-Fat Milk:	1 1/2
Iron (mg):	7mg	Fat:	44 1/2

Zinc (mg): 10mg  
 Vitamin C (mg): 23mg  
 Vitamin A (i.u.): 9716IU  
 Vitamin A (r.e.): 2846 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories 2845                      Calories from Fat: 2287

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### % Daily Values\*

<b>Total Fat</b>	259g	398%
Saturated Fat	160g	799%
<b>Cholesterol</b>	697mg	232%
<b>Sodium</b>	3016mg	126%
<b>Total Carbohydrates</b>	42g	14%
Dietary Fiber	5g	20%
<b>Protein</b>	100g	
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<b>Vitamin A</b>		194%
<b>Vitamin C</b>		38%
<b>Calcium</b>		246%
<b>Iron</b>		40%

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