



## Almond Cheddar Appetizers

READY IN



25 min.

SERVINGS



12

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 6 slices crispy bacon crumbled cooked
- 1 loaf baguette cut into 1- to 2-inch slices
- 1 cup aged cheddar cheese shredded
- 2 green onions finely chopped to taste
- 1 cup mayonnaise
- 0.8 cup slivered almonds finely chopped
- 2 teaspoons worcestershire sauce

### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix mayonnaise, Cheddar cheese, almonds, bacon, green onions, and Worcestershire sauce in a bowl.
- Spread the mixture onto bread slices and arrange slices onto a baking sheet.
- Bake in preheated oven until the topping begins to brown, 8 to 10 minutes.

## Nutrition Facts

**PROTEIN 10.24%** **FAT 72.31%** **CARBS 17.45%**

## Properties

Glycemic Index:15.9, Glycemic Load:7.08, Inflammation Score:-3, Nutrition Score:7.9426087244697%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 278.52kcal (13.93%), Fat: 22.51g (34.63%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.89g (3.96%), Sugar: 1.55g (1.73%), Cholesterol: 21.22mg (7.07%), Sodium: 389.46mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Vitamin K: 35.43µg (33.74%), Vitamin E: 2.5mg (16.67%), Manganese: 0.26mg (12.86%), Selenium: 9µg (12.86%), Vitamin B2: 0.2mg (11.83%), Phosphorus: 116.17mg (11.62%), Calcium: 111.05mg (11.11%), Vitamin B1: 0.16mg (10.93%), Vitamin B3: 1.63mg (8.16%), Folate: 29.53µg (7.38%), Magnesium: 28.14mg (7.04%), Iron: 1.14mg (6.36%), Zinc: 0.88mg (5.87%), Copper: 0.11mg (5.46%), Fiber: 1.33g (5.33%), Potassium: 119.78mg (3.42%), Vitamin B6: 0.06mg (3.08%), Vitamin B12: 0.17µg (2.76%), Vitamin A: 128.77IU (2.58%), Vitamin B5: 0.23mg (2.28%)