



Bacon and Cheese Appetizer Bites

READY IN



15 min.

SERVINGS



5

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter melted
- ☐ 0.3 cup bacon crumbled cooked
- ☐ 1 Stick original no cooking spra crisco®
- ☐ 1 cup buttermilk complete pancake & waffle mix hungry jack® Just Add Water
- ☐ 5 servings paprika
- ☐ 2 oz cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon water

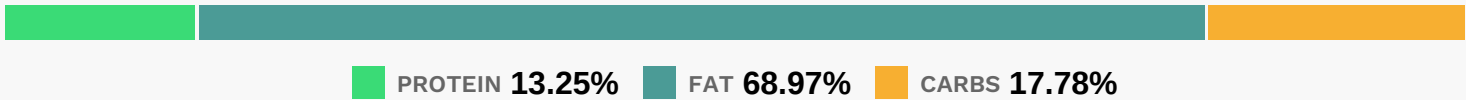
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ HEAT oven to 400F. Spray cookie sheet with no-stick cooking spray.
- ☐ MIX sour cream and water in medium bowl until well combined.
- ☐ Add pancake mix, cheese and bacon pieces. Stir just until dry ingredients are moistened. Drop by rounded teaspoons onto prepared cookie sheet.
- ☐ BAKE 10 to 12 minutes or until lightly browned.
- ☐ Brush with melted butter; sprinkle with paprika.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:7.0008695475433%

Nutrients (% of daily need)

Calories: 222.49kcal (11.12%), Fat: 17.3g (26.62%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 8.84g (3.22%), Sugar: 1.03g (1.15%), Cholesterol: 61mg (20.33%), Sodium: 345.03mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin A: 1449.03IU (28.98%), Phosphorus: 180.34mg (18.03%), Calcium: 165.94mg (16.59%), Selenium: 9.65µg (13.79%), Vitamin B2: 0.21mg (12.3%), Vitamin B1: 0.1mg (6.58%), Zinc: 0.95mg (6.35%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.12mg (5.89%), Vitamin B3: 1.14mg (5.72%), Vitamin B12: 0.33µg (5.47%), Fiber: 1.19g (4.77%), Iron: 0.85mg (4.72%), Potassium: 164.36mg (4.7%), Magnesium: 16.54mg (4.13%), Vitamin B5: 0.38mg (3.75%), Manganese: 0.07mg (3.66%), Folate: 14.27µg (3.57%), Vitamin K: 2.76µg (2.63%), Copper: 0.04mg (2.04%)