



Bacon and Cheese Tartlets

READY IN



40 min.

SERVINGS



24

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices bacon crumbled cooked
- 2 medium spring onion chopped
- 0.3 cup mayonnaise
- 0.1 teaspoon pepper black
- 9.5 ounce puff pastry shells mini pepperidge farm®
- 1 cup cheddar cheese shredded

Equipment

- bowl

oven

Directions

- Bake, cool and remove the "top" of the shells according to the package directions. Reduce the oven temperature to 350 degrees F.
- Stir the cheese, mayonnaise, green onions and bacon in a small bowl. Divide the cheese mixture among the shells.
- Bake for 5 minutes or until hot.

Nutrition Facts

 **PROTEIN 8.59%**  **FAT 71.65%**  **CARBS 19.76%**

Properties

Glycemic Index:8.21, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:2.1760869738848%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 107.3kcal (5.37%), Fat: 8.56g (13.16%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.15g (0.16%), Cholesterol: 7.01mg (2.34%), Sodium: 95.49mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin K: 9.6µg (9.14%), Selenium: 4.63µg (6.62%), Calcium: 35.72mg (3.57%), Vitamin B1: 0.05mg (3.51%), Phosphorus: 33.31mg (3.33%), Vitamin B2: 0.06mg (3.32%), Manganese: 0.06mg (2.95%), Vitamin B3: 0.58mg (2.91%), Folate: 10.7µg (2.67%), Iron: 0.33mg (1.84%), Zinc: 0.27mg (1.82%), Vitamin E: 0.21mg (1.39%), Vitamin A: 62.2IU (1.24%), Vitamin B12: 0.06µg (1.08%)