



Bacon and Pear Bites

READY IN



90 min.

SERVINGS



30

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bacon chopped
- ☐ 30 filo shells frozen mini
- ☐ 0.3 cup honey
- ☐ 0.5 cup orange juice
- ☐ 2 pears diced cored peeled
- ☐ 0.5 cup raisins
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 0.3 sugar
- ☐ 1 tablespoon butter unsalted

- ☐ 1 vidalia sweet chopped
- ☐ 0.7 cups walnuts

Equipment

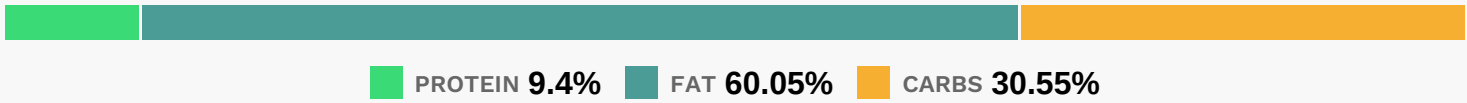
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ In a skillet, fry the chopped bacon until crisp then transfer with a slotted spoon to a paper towel lined plate. In the same skillet saute onions, adding a sprinkle of salt and pepper to season.
- ☐ Remove the onions with a slotted spoon, and pile over the bacon.
- ☐ Using the same pan, add the butter and let it melt, but not brown. Stir in the pears and saute over medium-high heat to slightly brown, but remove before they become soft, about 5 minutes.
- ☐ Transfer the pears to a bowl and add bacon, onions and raisins; set aside.
- ☐ With a paper towel, wipe out the pan and add the walnuts. Stir and toss the walnuts to toast them and then remove when they become fragrant. Cool slightly, then chop and add to the bowl with the pear mixture.
- ☐ Put the mini filo shells in the cups of 2 mini cupcake pans.
- ☐ Add 1 teaspoon of the bacon mixture to each shell.
- ☐ In a saucepan over medium-high heat, add the orange juice, sugar and honey. Bring to a boil then lower the heat and cook until it reduces and becomes slightly thick, about 10 minutes.
- ☐ Pour 1 teaspoon of syrup over each cup and allow it to soak in, then repeat with another teaspoon.
- ☐ Refrigerate at least 1 hour or overnight.

- ☐ Serve at room temperature or serve warm by putting the pans in a preheated 250 degree F oven, about 20 minutes.
- ☐ Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:2.429565206818%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 123.72kcal (6.19%), Fat: 8.61g (13.25%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.01g (3.28%), Sugar: 4.45g (4.95%), Cholesterol: 10.98mg (3.66%), Sodium: 109.33mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Manganese: 0.13mg (6.33%), Selenium: 3.28µg (4.69%), Vitamin B1: 0.06mg (4.21%), Vitamin C: 3.29mg (3.98%), Vitamin B6: 0.08mg (3.96%), Phosphorus: 38.07mg (3.81%), Copper: 0.08mg (3.76%), Vitamin B3: 0.72mg (3.6%), Fiber: 0.84g (3.38%), Potassium: 99.41mg (2.84%), Magnesium: 9.16mg (2.29%), Zinc: 0.3mg (1.99%), Folate: 7.32µg (1.83%), Vitamin B2: 0.03mg (1.68%), Iron: 0.28mg (1.56%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.08µg (1.27%)