



Bacon and Tomato Cups

READY IN



42 min.

SERVINGS



30

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bacon
- ☐ 16 ounce buttermilk biscuit dough refrigerated canned
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 onion chopped
- ☐ 3 ounces swiss cheese shredded
- ☐ 1 tomatoes chopped

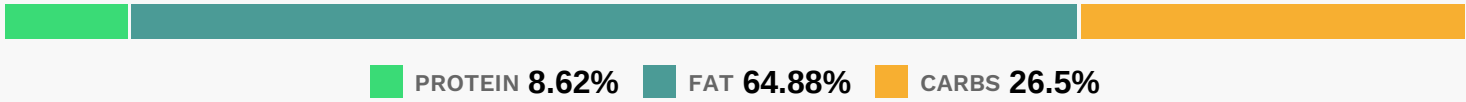
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a mini muffin pan.
- ☐ In a skillet over medium heat, cook bacon until evenly brown.
- ☐ Drain on paper towels. Crumble bacon into a medium mixing bowl; add chopped tomato, onion, Swiss cheese, mayonnaise, and basil.
- ☐ Separate biscuits into halves horizontally.
- ☐ Place each half into prepared mini muffin pan. Fill each biscuit half with the bacon mixture.
- ☐ Bake in preheated oven until golden brown, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:4.74, Inflammation Score:-1, Nutrition Score:2.903478252499%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 117.73kcal (5.89%), Fat: 8.51g (13.09%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.53g (2.74%), Sugar: 0.73g (0.82%), Cholesterol: 8.23mg (2.74%), Sodium: 210.52mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Phosphorus: 92.13mg (9.21%), Vitamin K: 7.65µg (7.28%), Selenium: 4.97µg (7.1%), Vitamin B1: 0.08mg (5.59%), Vitamin B3: 0.77mg (3.86%), Manganese: 0.07mg (3.53%), Vitamin B2: 0.06mg (3.52%), Calcium: 34.81mg (3.48%), Iron: 0.58mg (3.22%), Folate: 12.09µg (3.02%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.14µg (2.34%), Zinc: 0.28mg (1.89%), Potassium: 61.51mg (1.76%), Vitamin

B6: 0.03mg (1.55%), Magnesium: 5.12mg (1.28%), Vitamin A: 62.87IU (1.26%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.03%)