



## Bacon-Cheese Appetizer Coins

READY IN



93 min.

SERVINGS



33

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup philadelphia chive & onion cream cheese spread ()
- 1 egg yolk beaten
- 1 puff pastry frozen thawed
- 0.3 cup oscar mayer real bacon bits
- 0.5 cup sharp cheddar cheese shredded kraft

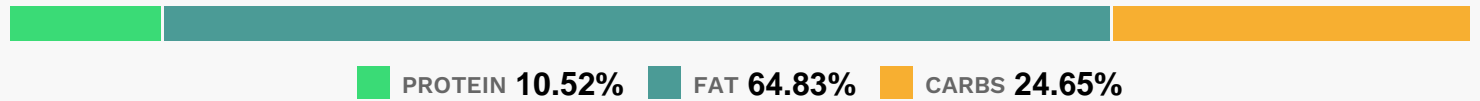
### Equipment

- baking sheet
- oven

## Directions

- Unfold pastry on lightly floured surface.
- Roll into 10-inch square; cut crosswise in half to make 2 rectangles.
- Spread with cream cheese spread, leaving 1/2-inch border on one long side of each.
- Sprinkle with bacon and cheddar.
- Brush borders of pastry with egg.
- Roll up each tightly to form log, starting at long side without the border.
- Place, seam sides down, on parchment-covered baking sheet. Freeze 1 hour.
- Heat oven to 400F.
- Cut each log into 20 (1/2-inch-thick) slices. Return, cut sides down, to prepared baking sheet.
- Bake 16 to 18 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.52, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:0.99304347193759%

## Nutrients (% of daily need)

Calories: 56.97kcal (2.85%), Fat: 4.11g (6.32%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.4g (1.24%), Sugar: 0.12g (0.13%), Cholesterol: 9.89mg (3.3%), Sodium: 63.61mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Selenium: 2.59µg (3.7%), Vitamin B1: 0.03mg (2.07%), Vitamin B2: 0.03mg (1.85%), Manganese: 0.04mg (1.84%), Folate: 6.95µg (1.74%), Calcium: 15.61mg (1.56%), Vitamin B3: 0.31mg (1.55%), Phosphorus: 14.42mg (1.44%), Vitamin K: 1.24µg (1.18%), Iron: 0.21mg (1.15%)