



## Bacon, Cheese & Fruit Bites

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

### Ingredients

- 6 apple chunks (1 inch)
- 2.5 oz oscar mayer bacon fully cooked
- 12 grapes green seedless
- 12 cheddar & monterey jack cheese cubes kraft
- 6 pineapple chunks (1 inch)

### Equipment

- toothpicks
- microwave

## Directions

- Microwave bacon as directed on package.
- Thread 1 each bacon slice, cheese cube and grape on each of 12 toothpicks.
- Add remaining fruit.

## Nutrition Facts



**PROTEIN 5.98%** **FAT 29.94%** **CARBS 64.08%**

## Properties

Glycemic Index:8.75, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:2.0482608682435%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 79.63kcal (3.98%), Fat: 2.83g (4.35%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 11.39g (4.14%), Sugar: 10.32g (11.46%), Cholesterol: 4.82mg (1.61%), Sodium: 46.43mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Fiber: 2.24g (8.94%), Vitamin C: 4.39mg (5.32%), Potassium: 120.14mg (3.43%), Vitamin B6: 0.06mg (2.93%), Vitamin K: 2.76µg (2.63%), Phosphorus: 24.06mg (2.41%), Vitamin B1: 0.04mg (2.4%), Vitamin B2: 0.04mg (2.12%), Selenium: 1.35µg (1.93%), Manganese: 0.04mg (1.81%), Copper: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.67%), Magnesium: 5.96mg (1.49%), Calcium: 13.8mg (1.38%), Vitamin E: 0.2mg (1.34%), Vitamin A: 62.58IU (1.25%)