



## Bacon Cheese Puffs

 Popular

READY IN



30 min.

SERVINGS



30

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound bacon sliced
- 1 cup mayonnaise
- 2 tablespoons mustard prepared
- 1 pound pumpernickel party bread sliced
- 2.5 cups cheddar cheese shredded

### Equipment

- bowl
- frying pan

baking sheet

oven

## Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.

Drain, crumble and set aside.

Preheat oven to broil.

In a medium bowl combine the bacon, cheese, mustard and mayonnaise. Stir well. Arrange party bread on a cookie sheet. Spoon mixture onto each slice of bread.

Broil for 5 minutes, or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:4.7969564510428%

## Nutrients (% of daily need)

Calories: 190.65kcal (9.53%), Fat: 15.29g (23.52%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.17g (0.19%), Cholesterol: 22.53mg (7.51%), Sodium: 310.2mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Selenium: 9.92µg (14.17%), Vitamin K: 12.53µg (11.94%), Manganese: 0.2mg (10.23%), Phosphorus: 94.46mg (9.45%), Calcium: 78.84mg (7.88%), Vitamin B1: 0.1mg (6.44%), Vitamin B2: 0.1mg (6%), Vitamin B3: 1.09mg (5.43%), Zinc: 0.77mg (5.1%), Folate: 16.48µg (4.12%), Fiber: 1.03g (4.1%), Vitamin B6: 0.07mg (3.35%), Magnesium: 13.08mg (3.27%), Vitamin B12: 0.18µg (3.07%), Iron: 0.54mg (3.01%), Vitamin E: 0.45mg (2.98%), Copper: 0.05mg (2.75%), Vitamin A: 105.51IU (2.11%), Potassium: 71.63mg (2.05%), Vitamin B5: 0.2mg (2%)