

Bacon Cheesecake Bites

READY IN

ready

130 min.

SERVINGS

servings

24

CALORIES

calories

100 kcal

Ingredients

- ☐ 0.3 cup pumpkin canned
- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 large eggs at room temperature
- ☐ 20 gingersnap cookies crushed finely
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 0.1 teaspoon salt fine
- ☐ 2 strips bacon thick-cut chopped

- ☐ 0.5 stick butter unsalted
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ slotted spoon
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 24-count mini-muffin pan, small ice-cream scoop
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line a 24-count mini-muffin pan with paper liners.
- ☐ For the crust: In a small saucepan, melt the butter over low heat.
- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add the bacon and cook until crispy, about 8 minutes. Using a slotted spoon, remove the bacon and drain on paper towels. In a stand mixer fitted with a whisk attachment, beat the cream cheese, pumpkin, maple syrup, egg, vanilla, cinnamon, ginger, nutmeg and salt together until smooth.
- ☐ Mix in the cooked bacon.
- ☐ Using the bottom of a shot glass or a small glass bottle, press 1 teaspoon of crust mixture into the bottom of each muffin cup. Using a small ice-cream scoop, scoop 2 tablespoons of filling batter on top of each crust and bake for 10 to 12 minutes. Cool for 20 minutes and refrigerate for at least 1 hour before serving.

Nutrition Facts



 **PROTEIN 6.34%**  **FAT 63.55%**  **CARBS 30.11%**

Properties

Glycemic Index:5.77, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:2.4426086933716%

Nutrients (% of daily need)

Calories: 100.4kcal (5.02%), Fat: 7.14g (10.98%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 7.38g (2.68%), Sugar: 3.65g (4.05%), Cholesterol: 24.34mg (8.11%), Sodium: 97.69mg (4.25%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.6g (3.2%), Vitamin A: 595.55IU (11.91%), Manganese: 0.19mg (9.45%), Vitamin B2: 0.1mg (5.63%), Selenium: 2.4µg (3.43%), Iron: 0.48mg (2.67%), Phosphorus: 24.97mg (2.5%), Calcium: 20.36mg (2.04%), Folate: 7.3µg (1.83%), Vitamin B1: 0.03mg (1.73%), Vitamin E: 0.26mg (1.7%), Vitamin B3: 0.34mg (1.68%), Potassium: 55.62mg (1.59%), Magnesium: 5.79mg (1.45%), Vitamin B5: 0.14mg (1.38%), Copper: 0.03mg (1.3%), Vitamin B6: 0.02mg (1.22%), Zinc: 0.17mg (1.16%)