



Bacon Chive Puffs

READY IN



25 min.

SERVINGS



20

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup precooked bacon chopped
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 3 tablespoons chives chopped
- ☐ 1 eggs
- ☐ 0.8 cup flour
- ☐ 0.8 cup milk
- ☐ 1 cup cheese shredded (I used cheddar)

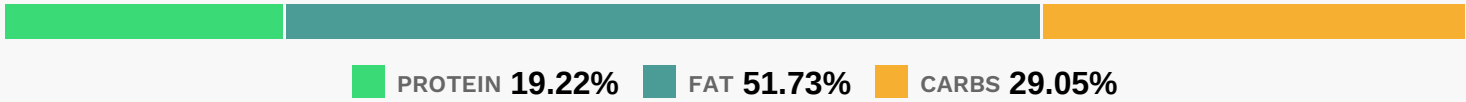
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 400 F. Grease a mini muffin pan with nonstick cooking spray.
- ☐ In a large bowl, combine flour, baking powder, milk, egg until batter is lump free. Stir in cheese, chives, and bacon. Spoon batter into the prepared mini-muffin cups about 2/3 full.
- ☐ Bake in an oven for 15–17 minutes, until breads puff up and turn a golden brown.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:2.83, Inflammation Score:-1, Nutrition Score:2.0843478208003%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.16kcal (2.96%), Fat: 3.37g (5.18%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 4.12g (1.5%), Sugar: 0.53g (0.59%), Cholesterol: 16.31mg (5.44%), Sodium: 83.82mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Selenium: 4.19µg (5.98%), Calcium: 50.89mg (5.09%), Phosphorus: 47.71mg (4.77%), Vitamin B2: 0.07mg (3.85%), Vitamin B1: 0.06mg (3.71%), Vitamin B12: 0.22µg (3.61%), Folate: 10.48µg (2.62%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.31mg (2.08%), Manganese: 0.04mg (1.84%), Iron: 0.32mg (1.78%), Vitamin A: 85.61IU (1.71%), Vitamin B6: 0.02mg (1.23%), Vitamin D: 0.18µg (1.22%), Vitamin B5: 0.12mg (1.2%), Vitamin K: 1.14µg (1.08%), Magnesium: 4.22mg (1.05%), Potassium: 35.2mg (1.01%)