



## Bacon Cookies

READY IN



45 min.

SERVINGS



40

CALORIES



55 kcal

### Ingredients

- ☐ 3 slices uncured bacon
- ☐ 1 large eggs
- ☐ 0.5 cup flax seed
- ☐ 1 cup chicken broth low sodium
- ☐ 0.5 cup nonfat milk dry
- ☐ 0.3 cup parsley chopped
- ☐ 0.5 cup wheat germ toasted
- ☐ 2.3 cups flour whole wheat

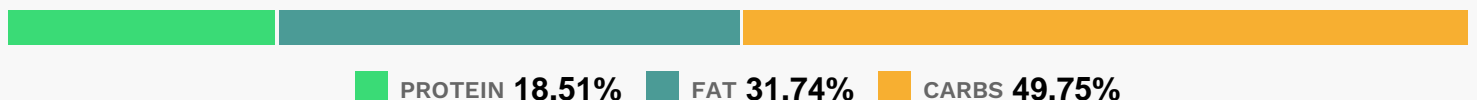
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ spatula
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 350F. Line 2 large shallow baking sheets with parchment paper.
- ☐ Heat a medium nonstick skillet over medium and cook bacon until crisp, turning once or twice, about 6–7 minutes.
- ☐ Drain bacon, transfer to a cutting board, and finely chop it. Reserve 1 tablespoon bacon fat.
- ☐ Combine the chopped bacon, flour, wheat germ and dry milk in a medium bowl.
- ☐ Whisk together reserved bacon fat, egg, broth and parsley in a separate bowl.
- ☐ Pour the wet ingredients into the dry and stir with a spoon or rubber spatula until a rough dough forms. Knead the dough in the bowl 5–6 times until it comes together.
- ☐ Turn the dough out onto a lightly floured work surface and roll out to a 1/4-inch thickness. With a 2-inch round cookie cutter, cut out treats and transfer to the prepared baking sheets. Press all the scraps together, kneading once or twice, then roll out to 1/4-inch thickness and cut out more treats; repeat if necessary.
- ☐ Bake treats until lightly browned and fairly hard, rotating the pans from top to bottom once, about 35–40 minutes.
- ☐ Remove from the oven and cool completely; biscuits will harden as they cool. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:1.6, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.6126086996949%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

## Nutrients (% of daily need)

Calories: 54.56kcal (2.73%), Fat: 2.02g (3.11%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.86g (0.95%), Cholesterol: 6.04mg (2.01%), Sodium: 23.71mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Manganese: 0.52mg (25.97%), Selenium: 6.97µg (9.96%), Vitamin K: 8.42µg (8.02%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 71.11mg (7.11%), Fiber: 1.5g (6.01%), Magnesium: 23.22mg (5.81%), Zinc: 0.55mg (3.68%), Copper: 0.07mg (3.53%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.67mg (3.33%), Vitamin B2: 0.05mg (3.19%), Iron: 0.53mg (2.95%), Calcium: 28.82mg (2.88%), Folate: 10.93µg (2.73%), Potassium: 94.08mg (2.69%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 82.77IU (1.66%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.2µg (1.31%)