



Bacon-Herb Cupcakes

READY IN



81 min.

SERVINGS



1

CALORIES



3212 kcal

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup bacon crumbled cooked finely
- ☐ 6 ounces cream cheese softened
- ☐ 0.3 cup herbs fresh assorted finely chopped
- ☐ 2 green onions chopped
- ☐ 1 serving garnishes: herbs fresh assorted crumbled cooked
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups self-rising flour
- ☐ 1.5 cups cup heavy whipping cream sour

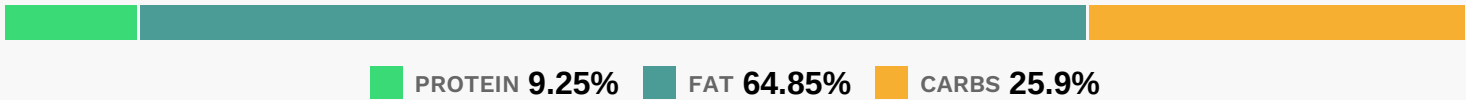
Equipment

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Stir together first 6 ingredients. Stir in flour until blended. (
- ☐ Mixture will be thick.) Spoon batter into lightly greased miniature muffin pans, filling completely full.
- ☐ Bake at 375 for 26 to 28 minutes or until golden brown.
- ☐ Remove cupcakes from pans to a wire rack, and cool completely (about 30 minutes).
- ☐ Spread or pipe tops of cupcakes with cream cheese.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:310, Glycemic Load:120.68, Inflammation Score:-10, Nutrition Score:44.178695678711%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 3212.49kcal (160.62%), Fat: 233.94g (359.91%), Saturated Fat: 136.28g (851.72%), Carbohydrates: 210.16g (70.05%), Net Carbohydrates: 202.76g (73.73%), Sugar: 19.7g (21.89%), Cholesterol: 700.11mg (233.37%), Sodium: 3083.38mg (134.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.08g (150.17%), Vitamin K: 323.06µg (307.68%), Selenium: 127.99µg (182.85%), Vitamin A: 8888.97IU (177.78%), Manganese: 2.25mg (112.48%), Phosphorus: 734.22mg (73.42%), Vitamin B2: 1.2mg (70.39%), Calcium: 624.13mg (62.41%), Vitamin E: 6.68mg (44.52%), Folate: 161.6µg (40.4%), Vitamin B5: 3.44mg (34.45%), Vitamin C: 27.93mg (33.85%), Magnesium:

129.87mg (32.47%), Potassium: 1101.55mg (31.47%), Copper: 0.61mg (30.55%), Zinc: 4.5mg (29.99%), Fiber: 7.4g (29.62%), Iron: 4.15mg (23.04%), Vitamin B1: 0.34mg (22.78%), Vitamin B12: 1.29µg (21.53%), Vitamin B6: 0.37mg (18.34%), Vitamin B3: 3.38mg (16.88%)