



Bacon-Parmesan Crisps

 Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



186 kcal

Ingredients

- 2 slices bacon crumbled cooked
- 1 oz parmesan cheese shredded
- 1 serving salt and pepper to taste

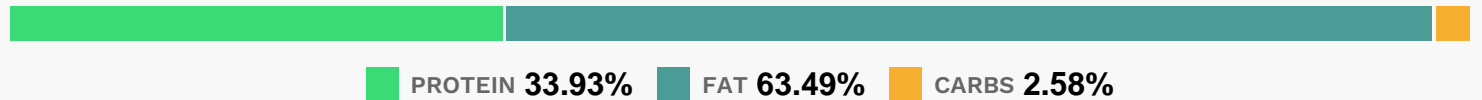
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 40
- Arrange bread slices on a baking sheet; lightly coat bread with cooking spray.
- Bake 5 minutes or until lightly browned.
- Combine Parmesan cheese and crumbled bacon.
- Sprinkle cheese mixture on bread slices, and season with salt and pepper to taste.
- Bake at 400 for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:6.4469565179037%

Nutrients (% of daily need)

Calories: 186.01kcal (9.3%), Fat: 12.94g (19.91%), Saturated Fat: 6.57g (41.08%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.23g (0.25%), Cholesterol: 35.12mg (11.71%), Sodium: 916.75mg (39.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Calcium: 337.54mg (33.75%), Phosphorus: 258.83mg (25.88%), Selenium: 14.49µg (20.7%), Vitamin B3: 1.76mg (8.78%), Vitamin B12: 0.51µg (8.58%), Zinc: 1.27mg (8.46%), Vitamin B2: 0.13mg (7.72%), Vitamin B1: 0.1mg (6.71%), Vitamin B6: 0.11mg (5.57%), Vitamin A: 227.33IU (4.55%), Magnesium: 17.44mg (4.36%), Vitamin B5: 0.31mg (3.07%), Potassium: 105.96mg (3.03%), Iron: 0.39mg (2.15%), Vitamin D: 0.21µg (1.37%), Copper: 0.03mg (1.3%)