



Bacon-Ranch Bread Bites

READY IN



180 min.

SERVINGS



16

CALORIES



192 kcal

Ingredients

- 1 lb bread dough frozen thawed
- 2 tsp oil
- 1 oz ranch salad dressing mix
- 1 cup mozzarella cheese shredded kraft
- 12 oz oscar mayer center cut bacon cooked cut into 1-inch pieces,

Equipment

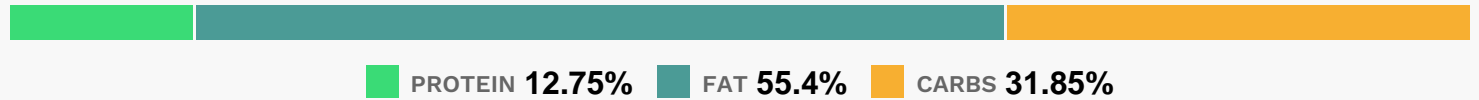
- bowl
- frying pan
- baking sheet

- oven
- wire rack

Directions

- Roll bread dough into 1/2-inch-thick rectangle on lightly floured surface; brush with oil.
- Cut into 1-inch pieces; place in large bowl.
- Add cheese, dressing mix and bacon; mix lightly.
- Place on baking sheet; shape gently into oval loaf.
- Let rise in warm place 2 hours or until doubled in volume.
- Heat oven to 350F.
- Bake bread 20 to 30 min. or until golden brown. Cool 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1313043557431%

Nutrients (% of daily need)

Calories: 191.78kcal (9.59%), Fat: 11.4g (17.53%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 14.19g (5.16%), Sugar: 0.07g (0.08%), Cholesterol: 19.56mg (6.52%), Sodium: 450.86mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Selenium: 5.46µg (7.81%), Phosphorus: 55.4mg (5.54%), Vitamin B12: 0.27µg (4.43%), Vitamin B3: 0.86mg (4.31%), Vitamin B1: 0.06mg (4.05%), Calcium: 36.41mg (3.64%), Zinc: 0.46mg (3.04%), Vitamin B6: 0.06mg (2.96%), Fiber: 0.55g (2.21%), Vitamin B2: 0.04mg (2.18%), Vitamin E: 0.2mg (1.35%), Potassium: 47.42mg (1.35%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 55.19IU (1.1%)