



Bacon Roll-Ups

READY IN



40 min.

SERVINGS



32

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 slices bacon cut in half
- ☐ 16 ounce cream cheese
- ☐ 10 ounce pita bread rounds

Equipment

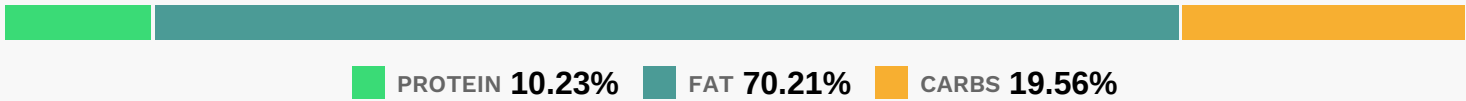
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

- ☐ broiler
- ☐ spatula
- ☐ pizza cutter

Directions

- ☐ Preheat your oven's broiler.
- ☐ Open pita rounds, and spread generously with cream cheese on the inside. Replace tops, and use a pizza cutter to slice into 1 inch wide strips.
- ☐ Cut the long strips in half crosswise.
- ☐ Roll up each piece, and wrap with half of a strip of bacon. Secure with toothpicks, and place close together on a baking sheet.
- ☐ Broil for 10 minutes in the preheated oven, or until the bacon is cooked through. Use a spatula to remove them to a napkin lined bowl or platter.
- ☐ Remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:1.8434782779735%

Nutrients (% of daily need)

Calories: 119.84kcal (5.99%), Fat: 9.35g (14.38%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.66g (2.06%), Sugar: 0.53g (0.59%), Cholesterol: 21.58mg (7.19%), Sodium: 164.81mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Selenium: 3.43µg (4.9%), Phosphorus: 39.6mg (3.96%), Vitamin A: 194.44IU (3.89%), Vitamin B1: 0.06mg (3.82%), Vitamin B3: 0.65mg (3.23%), Vitamin B2: 0.05mg (2.95%), Manganese: 0.05mg (2.27%), Calcium: 21.92mg (2.19%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.28mg (1.83%), Vitamin B5: 0.18mg (1.77%), Potassium: 51.12mg (1.46%), Vitamin B12: 0.09µg (1.44%), Magnesium: 4.9mg (1.22%), Vitamin E: 0.17mg (1.13%), Copper: 0.02mg (1.1%), Iron: 0.18mg (1.03%)