

Bacon Roll Ups II

 Popular

READY IN



55 min.

SERVINGS



20

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bacon sliced cut in half
- ☐ 8 ounce cream cheese softened
- ☐ 1 pound bread white trimmed

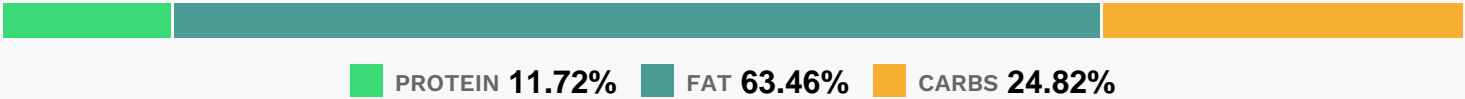
Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut each slice of white bread in half horizontally.
- ☐ Spread with cream cheese. Tightly roll each piece of bread with half a piece of bacon. The bacon should be on the outside of the bread. Secure with toothpicks.
- ☐ Arrange roll ups in a single layer on a medium baking dish.
- ☐ Bake in the preheated oven 30 minutes, or until bacon is no longer pink and bread is lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:8.12, Inflammation Score:-2, Nutrition Score:4.4608696141969%

Nutrients (% of daily need)

Calories: 195.5kcal (9.77%), Fat: 13.72g (21.1%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.55g (4.2%), Sugar: 1.64g (1.82%), Cholesterol: 26.42mg (8.81%), Sodium: 293.93mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Selenium: 10.8µg (15.42%), Vitamin B1: 0.18mg (12.01%), Vitamin B3: 2mg (10.01%), Phosphorus: 70.42mg (7.04%), Manganese: 0.14mg (6.9%), Folate: 26.19µg (6.55%), Calcium: 59.99mg (6%), Vitamin B2: 0.1mg (5.82%), Iron: 0.87mg (4.82%), Vitamin B6: 0.09mg (4.38%), Zinc: 0.52mg (3.49%), Vitamin A: 160.91IU (3.22%), Vitamin B5: 0.31mg (3.12%), Potassium: 86.41mg (2.47%), Magnesium: 9.87mg (2.47%), Vitamin B12: 0.14µg (2.31%), Fiber: 0.52g (2.09%), Copper: 0.04mg (1.98%), Vitamin E: 0.24mg (1.63%)