



Bacon-Smoked Paprika-Cheddar Bars

READY IN



45 min.

SERVINGS



72

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon crumbled cooked
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon half and half
- ☐ 1 teaspoon kosher salt
- ☐ 10 oz sharp cheddar cheese shredded
- ☐ 1 teaspoon paprika smoked

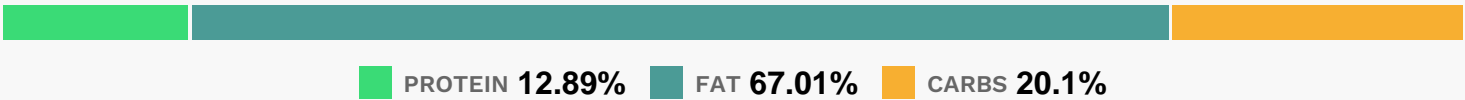
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat cheese, butter, half-and-half, and salt at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour, bacon, paprika, and ground red pepper, beating just until combined.
- ☐ Turn out onto a well-floured surface. Divide into 2 equal portions; flatten each into a square.
- ☐ Roll out each square to 1/8-inch thickness.
- ☐ Cut into 2 1/2- x 3/4-inch strips, using a fluted pastry wheel.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake 15 to 20 minutes or until golden; cool on baking sheets on wire racks 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.022173906312%

Nutrients (% of daily need)

Calories: 42.34kcal (2.12%), Fat: 3.16g (4.86%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.03g (0.04%), Cholesterol: 8.21mg (2.74%), Sodium: 76.48mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Selenium: 2.27µg (3.24%), Calcium: 28.99mg (2.9%), Phosphorus: 23.31mg (2.33%), Vitamin A: 99.5IU (1.99%), Vitamin B2: 0.03mg (1.92%), Vitamin B1: 0.03mg (1.68%), Folate: 5.67µg (1.42%), Zinc: 0.18mg (1.21%), Vitamin B3: 0.21mg (1.05%)