



Bacon-Tomato Bake

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup parmesan cheese grated
- 0.5 cup water
- 0.5 lb bacon crumbled cooked
- 0.5 large onion thinly sliced
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground pepper red (cayenne)
- 1 large tomatoes cut into 6 slices
- 4 oz cheddar cheese shredded

- 1 serving cilantro leaves fresh chopped
- 1.3 cups frangelico

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400°F. Generously grease bottom and sides of 9-inch square pan with shortening. In medium bowl, stir Bisquick mix, Parmesan cheese and water until moistened; spread in bottom of pan.
- Bake 12 minutes.
- In medium bowl, mix bacon, onion, 3 tablespoons cilantro and the red pepper; sprinkle over partially baked dough.
- Place tomato slices on bacon mixture.
- Sprinkle with Cheddar cheese.
- Bake uncovered 15 to 20 minutes or until edges are golden and cheese is melted. Cool slightly, about 5 minutes.
- Serve warm.
- Sprinkle with additional cilantro.

Nutrition Facts



PROTEIN 26.95% **FAT 67.31%** **CARBS 5.74%**

Properties

Glycemic Index:31.33, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:10.006087049194%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 282.33kcal (14.12%), Fat: 20.95g (32.23%), Saturated Fat: 8.83g (55.17%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.4g (1.56%), Cholesterol: 59.95mg (19.98%), Sodium: 834.68mg (36.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Selenium: 26.04µg (37.2%), Phosphorus: 270.89mg (27.09%), Vitamin B3: 4.19mg (20.93%), Calcium: 181.38mg (18.14%), Vitamin B1: 0.24mg (15.71%), Zinc: 2.11mg (14.06%), Vitamin B6: 0.26mg (13.01%), Vitamin B2: 0.2mg (11.51%), Vitamin B12: 0.67µg (11.14%), Vitamin A: 541.62IU (10.83%), Potassium: 303.79mg (8.68%), Vitamin C: 5.2mg (6.31%), Magnesium: 23.25mg (5.81%), Vitamin B5: 0.56mg (5.57%), Copper: 0.07mg (3.72%), Vitamin K: 3.71µg (3.53%), Vitamin E: 0.52mg (3.46%), Manganese: 0.07mg (3.35%), Iron: 0.53mg (2.93%), Folate: 11.37µg (2.84%), Fiber: 0.61g (2.42%), Vitamin D: 0.29µg (1.9%)