



Bacon-Tomato Bake

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.5 cup water
- ☐ 1.3 cups frangelico
- ☐ 1.3 cups frangelico

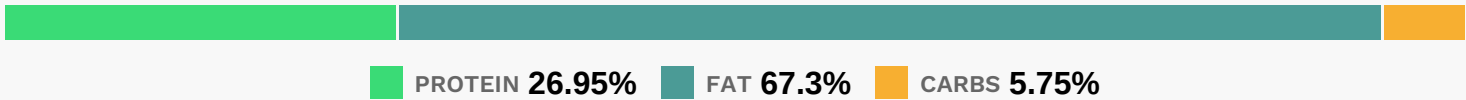
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:31.33, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:10.028695661089%

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 Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 282.35kcal (14.12%), Fat: 20.95g (32.23%), Saturated Fat: 8.83g (55.17%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.4g (1.56%), Cholesterol: 59.95mg (19.98%), Sodium: 834.72mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Selenium: 26.04µg (37.21%), Phosphorus: 270.93mg (27.09%), Vitamin B3: 4.19mg (20.94%), Calcium: 181.44mg (18.14%), Vitamin B1: 0.24mg (15.72%), Zinc: 2.11mg (14.06%), Vitamin B6: 0.26mg (13.02%), Vitamin B2: 0.2mg (11.52%), Vitamin B12: 0.67µg (11.14%), Vitamin A: 547.25IU (10.94%), Potassium: 304.22mg (8.69%), Vitamin C: 5.23mg (6.33%), Magnesium: 23.27mg (5.82%), Vitamin B5: 0.56mg (5.58%), Vitamin K: 3.97µg (3.78%), Copper: 0.07mg (3.73%), Vitamin E: 0.52mg (3.47%), Manganese: 0.07mg (3.37%), Iron: 0.53mg (2.93%), Folate: 11.42µg (2.85%), Fiber: 0.61g (2.43%), Vitamin D: 0.29µg (1.9%)