



## Balsamic-Splashed Bacon and Arugula Canapés

 Gluten Free

READY IN



14 min.

SERVINGS



100

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 arugula leaves
- 2 tablespoons balsamic reduction (with gia russa)\*
- 6 slices bacon (fully cooked)
- 0.1 teaspoon ground pepper (red)
- 2 teaspoons honey
- 12 parmesan cheese (shaved)

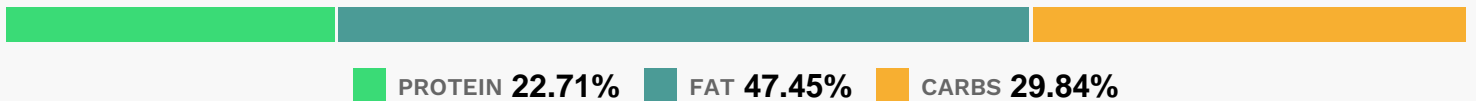
### Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Place bacon on a baking sheet lined with aluminum foil.
- Combine honey and pepper; brush onto bacon.
- Bake at 375 for 5 minutes or until hot.
- Cut bacon in half crosswise.
- Place baguette slices on a serving platter; top with arugula leaves. Arrange bacon and cheese on arugula.
- Drizzle each canap with 1/2 tsp. balsamic glaze.
- Serve immediately.
- \*Make your own balsamic glaze by reducing balsamic vinegar. Cook 1/2 cup balsamic vinegar in a small saucepan over medium heat 9 minutes or until syrupy and reduced to 3 Tbsp. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:1.43, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.15217391288151%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 3.77kcal (0.19%), Fat: 0.2g (0.31%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.19g (0.21%), Cholesterol: 0.56mg (0.19%), Sodium: 10.12mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%)