

BBQ Canapes

READY IN

ready

20 min.

SERVINGS

servings

12

CALORIES

calories

251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small jar dill pickle chips
- ☐ 10 ounce block mild cheddar yellow sliced into 1/4-inch slices
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika
- ☐ 1 stick pepperoni sliced into 1/4-inch slices
- ☐ 0.8 cup sugar
- ☐ 10 slices bread white cut into 4-triangles

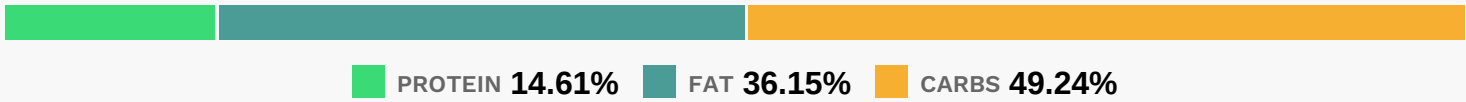
Equipment

- ☐ oven
- ☐ toothpicks
- ☐ grill pan

Directions

- ☐ Preheat oven to 425 degrees F. Preheat grill pan.
- ☐ Place bread in a single layer on a sheet tray and toast for 5 minutes until crisp and lightly browned.
- ☐ Remove from oven.
- ☐ Place a slice of pepperoni on a toast point. Top with a slice of cheese and a pickle chip. Use a toothpick to hold the stack all together. Dust with dry rub seasoning.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:16.58, Inflammation Score:-10, Nutrition Score:17.373043544914%

Nutrients (% of daily need)

Calories: 251.24kcal (12.56%), Fat: 10.78g (16.59%), Saturated Fat: 5.05g (31.53%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 27.15g (9.87%), Sugar: 15.69g (17.43%), Cholesterol: 23.71mg (7.9%), Sodium: 571.12mg (24.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8 g (19.61%), Vitamin A: 6955.3IU (139.11%), Vitamin E: 4.2mg (28.02%), Calcium: 270.83mg (27.08%), Fiber: 5.9g (23.6%), Iron: 3.77mg (20.95%), Vitamin B2: 0.35mg (20.36%), Manganese: 0.39mg (19.38%), Phosphorus: 187.35mg (18.73%), Selenium: 12.78µg (18.26%), Vitamin B6: 0.35mg (17.67%), Vitamin K: 17.89µg (17.03%), Vitamin B1: 0.19mg (12.33%), Vitamin B3: 2.41mg (12.07%), Potassium: 414.67mg (11.85%), Zinc: 1.77mg (11.79%), Magnesium: 41.16mg (10.29%), Folate: 39.13µg (9.78%), Copper: 0.15mg (7.68%), Vitamin B5: 0.58mg (5.84%), Vitamin B12: 0.25µg (4.19%), Vitamin C: 1.43mg (1.73%)