



Blue Cheese-and-Bacon Puffs

READY IN



45 min.

SERVINGS



72

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cheese blue crumbled
- ☐ 0.5 cup butter
- ☐ 8 bacon crumbled cooked
- ☐ 6 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup green onions finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt

☐ 1.5 cups water

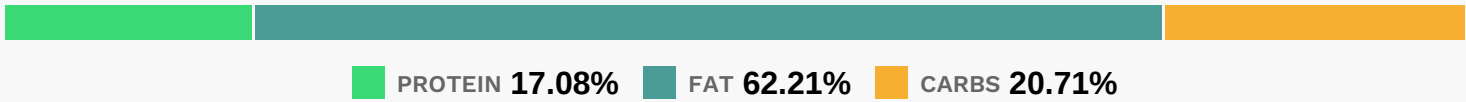
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Combine 1 1/2 cups water and butter in a heavy saucepan; bring to a boil.
- ☐ Add flour, salt, and peppers; cook, beating with a wooden spoon until mixture leaves sides of pan and forms a smooth ball.
- ☐ Remove from heat; cool 4 to 5 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in cheese, bacon, and green onions.
- ☐ Drop dough by rounded teaspoonfuls 2 inches apart onto lightly greased baking sheets.
- ☐ Bake at 400 for 20 to 25 minutes or until golden brown.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.4026086868151%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 42.31kcal (2.12%), Fat: 2.91g (4.48%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.06g (0.06%), Cholesterol: 18.74mg (6.25%), Sodium: 88.5mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Selenium: 3.07µg (4.39%), Vitamin B2: 0.05mg (2.78%), Phosphorus: 27.35mg (2.74%), Vitamin A: 113.1IU (2.26%), Folate: 8.33µg (2.08%), Calcium: 20.63mg (2.06%), Vitamin B1: 0.03mg (1.9%), Vitamin K: 1.55µg (1.48%), Vitamin B12: 0.09µg (1.45%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.14mg (1.42%), Iron: 0.22mg (1.24%), Zinc: 0.19mg (1.24%), Manganese: 0.02mg (1.08%)