



Cheese, bacon & onion puff

READY IN



55 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

Ingredients

- ☐ 1 small knob butter for greasing
- ☐ 2 tbsp parmesan finely grated
- ☐ 8 bacon smoked chopped
- ☐ 4 spring onion thinly sliced
- ☐ 140 g cheddar cheese grated (this is 200ml/7fl oz)
- ☐ 1 tempura batter mix well (see 'Goes with', below)

Equipment

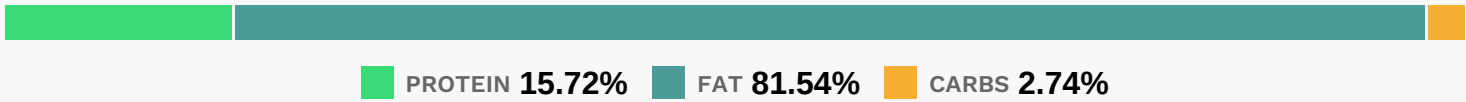
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Make up the batter as stated in the pancake recipe and set aside. Grease a large, round, ceramic dish, about 22cm wide, and dust it with the grated Parmesan.
- ☐ Heat the butter in a frying pan. Sizzle the bacon for about 5 mins until crisp, then leave to cool. Tip the bacon, onion and cheddar into the batter and stir until completely combined. Tip the batter into the prepared dish so it comes almost to the top, then bake for 30–35 mins until puffed up and golden. Bring piping hot to the table and serve straight from the dish with a crisp salad.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:9.3239131129306%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 378.48kcal (18.92%), Fat: 34.29g (52.75%), Saturated Fat: 15.68g (98.02%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.42g (0.46%), Cholesterol: 77.03mg (25.68%), Sodium: 596.53mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.75%), Calcium: 289.15mg (28.92%), Selenium: 19.44µg (27.77%), Vitamin K: 26.09µg (24.85%), Phosphorus: 246.71mg (24.67%), Zinc: 1.92mg (12.83%), Vitamin A: 637.34IU (12.75%), Vitamin B2: 0.21mg (12.33%), Vitamin B12: 0.63µg (10.5%), Vitamin B1: 0.14mg (9.3%), Vitamin B3: 1.86mg (9.3%), Vitamin B6: 0.15mg (7.55%), Magnesium: 18.33mg (4.58%), Potassium: 150.75mg (4.31%), Vitamin E: 0.64mg (4.3%), Vitamin B5: 0.41mg (4.15%), Folate: 15.36µg (3.84%), Vitamin C: 2.26mg (2.73%), Vitamin D: 0.4µg (2.66%), Iron: 0.44mg (2.42%), Copper: 0.04mg (2.04%), Manganese: 0.03mg (1.4%), Fiber: 0.31g (1.25%)