



Cheesy Bacon Burger Bites

 Gluten Free

READY IN



50 min.

SERVINGS



28

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 slices bacon
- 2 oz cheddar cheese cut into 1/4-inch cubes (1/2 cup)
- 28 cherry tomatoes
- 1 eggs
- 1 lb ground beef
- 0.3 cup mayonnaise
- 0.3 teaspoon pepper
- 3 leaves the of 1 cos lettuce cut into 28 (1 1/2-inch) pieces

- 0.3 teaspoon salt
- 1 teaspoon worcestershire sauce
- 28 frangelico
- 0.5 cup frangelico
- 28 frangelico
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- paper towels
- toothpicks

Directions

- In 10-inch nonstick skillet, cook bacon over medium heat, turning often, until browned but not overly crisp.
- Drain on paper towels. Discard all but 1 tablespoon drippings.
- Cut each bacon slice into 4 pieces.
- On each toothpick, thread 1 tomato half, 1 bacon piece and 1 lettuce piece; set aside.
- In large bowl, mix remaining ingredients except cheese. Fold in cheese. Shape tablespoonfuls of mixture into meatballs; flatten slightly to resemble hamburgers.
- In same skillet, heat bacon drippings over medium-high heat. Cook burgers in drippings 2 to 3 minutes on each side or until meat is no longer pink. Insert 1 toothpick in each burger; serve immediately.

Nutrition Facts

 **PROTEIN 19.1%**  **FAT 76.64%**  **CARBS 4.26%**

Properties

Glycemic Index:3.89, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.3960869752842%

Flavonoids

Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 91.97kcal (4.6%), Fat: 7.79g (11.98%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.5g (0.56%), Cholesterol: 23.84mg (7.95%), Sodium: 101.1mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin A: 376.81IU (7.54%), Vitamin B12: 0.41µg (6.87%), Vitamin K: 7.19µg (6.85%), Selenium: 4.74µg (6.77%), Zinc: 0.87mg (5.81%), Phosphorus: 52.14mg (5.21%), Vitamin B3: 1.01mg (5.05%), Vitamin C: 4.02mg (4.88%), Vitamin B6: 0.09mg (4.34%), Potassium: 105.18mg (3.01%), Vitamin B2: 0.05mg (3%), Iron: 0.53mg (2.94%), Folate: 8.71µg (2.18%), Calcium: 21.73mg (2.17%), Vitamin B1: 0.03mg (2.13%), Vitamin E: 0.29mg (1.91%), Vitamin B5: 0.17mg (1.74%), Magnesium: 6.18mg (1.54%), Copper: 0.03mg (1.46%), Manganese: 0.03mg (1.39%)