



Cheesy BLT Mini Sandwiches

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cherry tomatoes sliced
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 0.5 cup lettuce shredded
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 0.3 cup salad dressing

Equipment

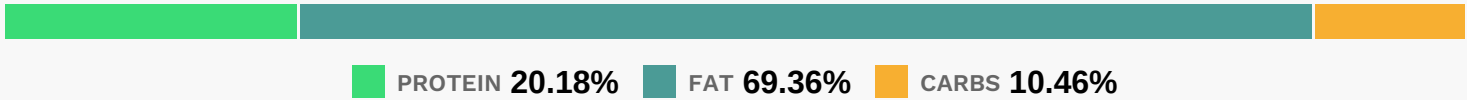
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. Unroll dough on work surface; press into 12x8-inch rectangle.
- ☐ Cut into 24 squares; place on ungreased cookie sheets.
- ☐ Bake 8 to 10 minutes or until deep golden brown.
- ☐ Remove to cooling rack.
- ☐ Meanwhile, in small bowl, mix cheese, bacon, onions and mayonnaise.
- ☐ Place slightly less than 1 tablespoon lettuce on bottoms of 12 crescent squares. Top each with 1 heaping tablespoon bacon mixture and 2 slices tomato. Top with remaining crescent squares.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1186956633692%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 58.11kcal (2.91%), Fat: 4.48g (6.89%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.38g (0.5%), Sugar: 1.09g (1.21%), Cholesterol: 8.87mg (2.96%), Sodium: 173.98mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 6.88µg (6.56%), Selenium: 3.27µg (4.67%), Phosphorus: 44.37mg (4.44%), Calcium: 39.12mg (3.91%), Vitamin C: 2.88mg (3.49%), Vitamin B3: 0.58mg (2.88%), Vitamin A: 120.88IU (2.42%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.31mg (2.1%), Vitamin B2: 0.03mg (1.96%), Potassium: 64.5mg (1.84%), Vitamin E: 0.25mg (1.66%), Vitamin B12: 0.09µg (1.51%), Magnesium: 4.49mg (1.12%), Iron: 0.2mg (1.11%), Manganese: 0.02mg (1.04%)