



Crunchy Crumb Pork Appetizer

 Gluten Free

READY IN



60 min.

SERVINGS



24

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apples peeled finely chopped (1 small)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 2 teaspoons rosemary leaves fresh finely chopped (1 sprig)
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 cup milk
- ☐ 0.5 cup oatmeal

- ☐ 0.5 cup onion finely chopped
- ☐ 2 cups barbequed pulled pork cooked finely chopped (from 11.5-oz package)
- ☐ 0.5 cup frangelico
- ☐ 1.5 cups frangelico
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- ☐ 1.5 cups frangelico

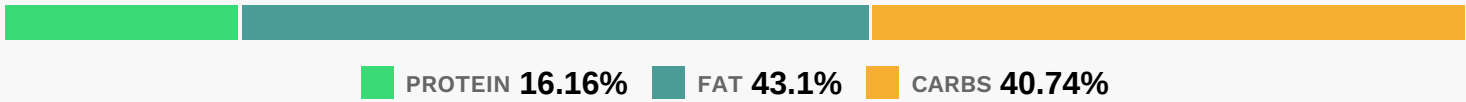
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups; spray paper baking cups with cooking spray.
- ☐ In medium bowl, stir together 1 1/2 cups Bisquick mix, the eggs, milk, pork, onion and rosemary until well mixed. Set aside. In small bowl, stir together 1/2 cup Bisquick mix, the oatmeal, brown sugar and cinnamon. Stir in butter and apple.
- ☐ Spoon about 2 tablespoons pork mixture into each muffin cup. Top each with about 2 teaspoons topping.
- ☐ Bake 12 to 15 minutes or until light golden brown. Cool in pan 5 minutes.
- ☐ Remove to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.2252173825451%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 82.43kcal (4.12%), Fat: 4.02g (6.18%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.28g (3.01%), Sugar: 6.91g (7.68%), Cholesterol: 23.03mg (7.68%), Sodium: 149.15mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin A: 149.46IU (2.99%), Calcium: 26.18mg (2.62%), Selenium: 1.59µg (2.27%), Phosphorus: 20.92mg (2.09%), Manganese: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.84%), Iron: 0.32mg (1.79%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.11mg (1.13%), Fiber: 0.27g (1.08%), Vitamin D: 0.16µg (1.05%), Vitamin C: 0.85mg (1.03%), Potassium: 35.5mg (1.01%)