



Easy Bacon and Cheese Pumpernickel Puffs

READY IN



25 min.

SERVINGS



30

CALORIES



129 kcal

Ingredients

- 2.5 cups cheddar cheese finely grated
- 1 lb bacon crumbled cooked drained sliced
- 1 cup salad dressing (not salad dressing)
- 2 tablespoons mustard prepared
- 1 loaf pumpernickel bread sliced

Equipment

Nutrition Facts



 PROTEIN **23.23%**  FAT **72.05%**  CARBS **4.72%**

Properties

Glycemic Index:3.83, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.7221739130435%

Nutrients (% of daily need)

Calories: 128.67kcal (6.43%), Fat: 10.2g (15.69%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.89g (0.99%), Cholesterol: 24.39mg (8.13%), Sodium: 404.58mg (17.59%), Protein: 7.4g (14.79%), Selenium: 10.84µg (15.48%), Phosphorus: 104.11mg (10.41%), Vitamin B3: 1.61mg (8.05%), Calcium: 69.91mg (6.99%), Vitamin B1: 0.09mg (6.06%), Zinc: 0.82mg (5.47%), Vitamin B6: 0.09mg (4.66%), Vitamin B2: 0.08mg (4.55%), Vitamin K: 4.63µg (4.41%), Vitamin B12: 0.26µg (4.41%), Potassium: 90.85mg (2.6%), Vitamin B5: 0.21mg (2.11%), Vitamin A: 103.48IU (2.07%), Vitamin E: 0.31mg (2.06%), Magnesium: 8.12mg (2.03%), Iron: 0.2mg (1.09%), Copper: 0.02mg (1.07%)