



Gluten-Free Bacon Cheese Appetizer Squares

READY IN



40 min.

SERVINGS



50

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz approx cream cheese spread gluten-free
- 25 grape tomatoes cut in half
- 0.5 cup spring onion chopped (8 medium)
- 1 container pastry crust gluten free refrigerated pillsbury®
- 0.3 cup oz. bacon into pieces gluten-free cooked (from 3-oz package)

Equipment

- bowl
- baking sheet

- oven
- knife
- pizza cutter

Directions

- Heat oven to 425°F. Divide dough in half. Knead each half until softened and no longer crumbly. Flatten each into a round.
- Place 1 round between 2 sheets of cooking parchment or waxed paper.
- Roll into 10-inch square. Carefully peel off top sheet of paper. With pizza cutter or knife, cut dough into 25 (2-inch) squares. Replace paper; carefully turn dough over, and remove second sheet of paper.
- Place squares on ungreased cookie sheet. Repeat with remaining dough.
- Bake 8 to 11 minutes or until golden brown on edges. Cool 10 minutes.
- Meanwhile, in small bowl, mix cream cheese spread and bacon. Top each pastry square with about 1 teaspoon cream cheese mixture. Top each with tomato half; sprinkle with green onion.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.53347825339955%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 15.85kcal (0.79%), Fat: 1.16g (1.79%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.39g (0.43%), Cholesterol: 3.89mg (1.3%), Sodium: 44.33mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 2.74µg (2.61%), Vitamin A: 123.87IU (2.48%), Vitamin C: 1.35mg (1.64%)