



Halloumi & bacon rolls



Gluten Free



Popular

READY IN



30 min.

SERVINGS



20

CALORIES



85 kcal

Ingredients

- ☐ 250 g halloumi cheese
- ☐ 10 bacon smoked
- ☐ 1 tbsp chives chopped

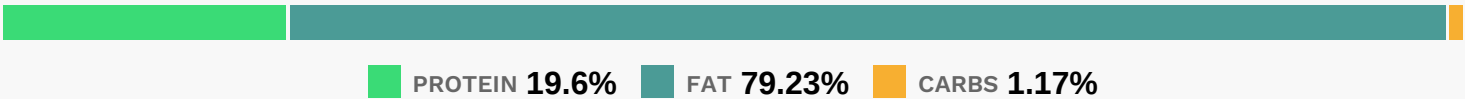
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cut the halloumi into 20 sticks. stretch each rasher of pancetta with the back of a knife, then cut in half. season the pancetta with just black pepper, then sprinkle with the chopped chives.
- ☐ Roll the pancetta around the halloumi in a spiral and arrange on a baking sheet.
- ☐ Bake for 10–12 mins or until the pancetta is brown and beginning to crisp.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.2556521654453%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.29kcal (4.26%), Fat: 7.44g (11.45%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.07g (0.07%), Cholesterol: 7.26mg (2.42%), Sodium: 222.82mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Calcium: 125.69mg (12.57%), Selenium: 2.21µg (3.16%), Vitamin B3: 0.44mg (2.22%), Vitamin B1: 0.03mg (2.03%), Phosphorus: 15.93mg (1.59%), Vitamin B6: 0.03mg (1.47%)