



## Mini Bacon-Cheese Cups

READY IN



35 min.

SERVINGS



16

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bacon chopped (from 2.2-oz package)
- 3 oz cream cheese softened
- 1 egg yolk
- 0.3 cup spring onion chopped (4 medium)
- 16 servings spring onion finely chopped
- 1 box pie crust dough refrigerated softened
- 0.7 cup swiss cheese shredded
- 1 eggs whole

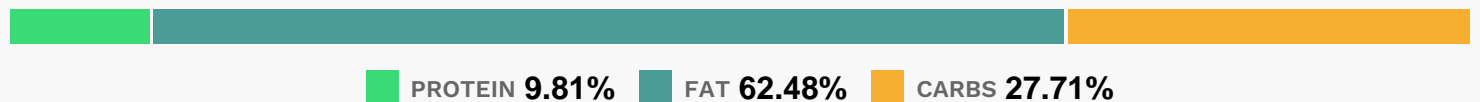
## Equipment

- food processor
- frying pan
- oven
- blender
- muffin liners

## Directions

- Heat oven to 425F. Spray 16 mini muffin cups with cooking spray. Unroll pie crust on work surface. Using 2 1/2-inch round cutter, cut 16 rounds from crust; discard any remaining crust.
- Place 1 crust round in each muffin cup, pressing down gently to form cup.
- In blender or food processor, blend or process cream cheese, whole egg, egg yolk and 1/4 cup onions until almost smooth. Divide mixture evenly among crust-lined muffin cups (about 2 teaspoons each). Top each evenly with Swiss cheese and bacon.
- Bake 9 to 11 minutes or until edges are light golden brown. Cool 5 minutes; remove cups from pan.
- Garnish each with additional onions.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.5704348294631%

## Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 191.34kcal (9.57%), Fat: 13.25g (20.38%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.4g (4.51%), Sugar: 0.39g (0.44%), Cholesterol: 36.81mg (12.27%), Sodium: 181.86mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin K: 17.67µg (16.83%), Selenium: 6.24µg

(8.92%), Phosphorus: 72.79mg (7.28%), Folate: 26.16µg (6.54%), Vitamin B1: 0.1mg (6.54%), Manganese: 0.13mg (6.28%), Calcium: 58.76mg (5.88%), Vitamin B2: 0.1mg (5.82%), Vitamin B3: 1.02mg (5.11%), Iron: 0.88mg (4.9%), Vitamin A: 218.19IU (4.36%), Vitamin B12: 0.23µg (3.85%), Zinc: 0.51mg (3.43%), Fiber: 0.82g (3.29%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.05mg (2.58%), Potassium: 74.99mg (2.14%), Vitamin E: 0.32mg (2.13%), Magnesium: 8.5mg (2.12%), Vitamin C: 1.42mg (1.72%), Copper: 0.03mg (1.7%)