



Mushroom and Bacon Mini Pocket Pies

READY IN



85 min.

SERVINGS



16

CALORIES



387 kcal

Ingredients

- ☐ 1 lb bacon cut into 1/4-inch pieces
- ☐ 8 oz mushrooms sliced chopped
- ☐ 1 cup onion finely chopped
- ☐ 2.7 cups flour all-purpose
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.8 cup butter cut into pieces
- ☐ 10 oz cream cheese cut into pieces
- ☐ 3 egg yolk
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 eggs beaten

- ☐ 1 teaspoon sesame seed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ In 12-inch skillet, cook bacon over medium heat for 4 to 6 minutes until crisp; drain on paper towels. Cook mushrooms and onion in 2 tablespoons bacon drippings over medium heat, stirring occasionally, until tender. In small bowl, combine bacon, mushrooms and onion. Set aside.
- ☐ Heat oven to 400°F. Spray large cookie sheet with cooking spray.
- ☐ In food processor with metal blade, place flour and cheese. Cover; process using quick on-and-off motions, until well mixed.
- ☐ Add butter; process until mixture looks like coarse crumbs.
- ☐ Add cream cheese and egg yolks, continue to process just until blended and dough begins to form a ball.
- ☐ On floured surface, knead dough 10 times.
- ☐ Roll dough until 1/4-inch thick.
- ☐ Cut into 16 rounds with floured 4-inch round cutter.
- ☐ Spoon about 1 tablespoon bacon mixture onto each round. Fold each in half; seal edges with fork tines.
- ☐ Place on cookie sheet.
- ☐ Brush each pocket with beaten egg; sprinkle with sesame seeds.
- ☐ Bake 15 to 20 minutes or until golden brown.

Nutrition Facts



PROTEIN 10.42% **FAT 69.28%** **CARBS 20.3%**

Properties

Glycemic Index:21.75, Glycemic Load:12.65, Inflammation Score:-5, Nutrition Score:8.8656520688015%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 387.32kcal (19.37%), Fat: 29.88g (45.96%), Saturated Fat: 14.64g (91.5%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 18.79g (6.83%), Sugar: 1.49g (1.65%), Cholesterol: 113.25mg (37.75%), Sodium: 365.16mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Selenium: 20.86µg (29.8%), Vitamin B1: 0.28mg (18.66%), Vitamin B2: 0.3mg (17.44%), Phosphorus: 152.79mg (15.28%), Vitamin B3: 2.98mg (14.91%), Folate: 53.89µg (13.47%), Vitamin A: 649.1IU (12.98%), Manganese: 0.18mg (8.98%), Calcium: 84.37mg (8.44%), Iron: 1.41mg (7.83%), Vitamin B5: 0.76mg (7.62%), Vitamin B6: 0.14mg (7.22%), Zinc: 1.06mg (7.06%), Vitamin B12: 0.37µg (6.17%), Copper: 0.11mg (5.37%), Potassium: 178.56mg (5.1%), Vitamin E: 0.71mg (4.71%), Magnesium: 15.13mg (3.78%), Fiber: 0.91g (3.66%), Vitamin D: 0.42µg (2.81%), Vitamin K: 1.42µg (1.36%), Vitamin C: 1.04mg (1.26%)