



Mushroom and Bacon Triangles

READY IN



75 min.

SERVINGS



32

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon diced
- ☐ 3 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 2 green onions sliced
- ☐ 2.5 cups mushrooms coarsely chopped
- ☐ 17.3 ounce puff pastry sheets pepperidge farm®
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.5 teaspoon thyme leaves dried crushed

☐ 1 tablespoon water

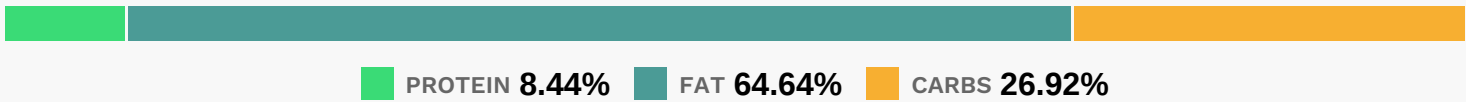
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Thaw pastry sheets at room temperature 30 minutes. Preheat oven to 400 degrees F.
- ☐ Mix egg and water.
- ☐ Cook bacon in skillet until crisp.
- ☐ Pour off all but 1 tablespoon drippings.
- ☐ Add mushrooms, onions, garlic and thyme and cook until mushrooms are tender and liquid evaporates.
- ☐ Remove from heat. Stir in Swiss cheese and cream cheese.
- ☐ Unfold pastry sheets on lightly floured surface.
- ☐ Roll each sheet into a 12-inch square.
- ☐ Cut each into 16 (3-inch) squares.
- ☐ Place 1 tablespoon mushroom mixture in center of each square.
- ☐ Brush edges of squares with egg mixture. Fold pastry over filling to form triangles. Press edges to seal.
- ☐ Place 2 inches apart on baking sheet.
- ☐ Brush with egg mixture.
- ☐ Bake 20 minutes or until golden. Makes 32 appetizers.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:2.5421739298364%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 110.28kcal (5.51%), Fat: 7.98g (12.28%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 7.15g (2.6%), Sugar: 0.39g (0.43%), Cholesterol: 10.28mg (3.43%), Sodium: 61.24mg (2.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Selenium: 5.87µg (8.39%), Vitamin B2: 0.09mg (5.48%), Vitamin B3: 0.98mg (4.88%), Vitamin B1: 0.07mg (4.87%), Manganese: 0.08mg (4.21%), Vitamin K: 4.11µg (3.91%), Folate: 14.77µg (3.69%), Phosphorus: 33.48mg (3.35%), Iron: 0.48mg (2.69%), Copper: 0.05mg (2.28%), Calcium: 21.21mg (2.12%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.17mg (1.65%), Vitamin A: 66.77IU (1.34%), Fiber: 0.33g (1.33%), Vitamin B12: 0.08µg (1.32%), Potassium: 45.54mg (1.3%), Magnesium: 4.5mg (1.13%), Vitamin B6: 0.02mg (1.13%)