



Olive, Bacon and Cheddar Rolls

READY IN



40 min.

SERVINGS



12

CALORIES



256 kcal

Ingredients

- ☐ 12 oz dinner rolls soft
- ☐ 8 slices bacon
- ☐ 4 cup olives ripe drained chopped (from 4 1/4-oz can)
- ☐ 0.3 cup pimientos finely chopped (16 olives)
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 cup salad dressing
- ☐ 4 oz cheddar cheese shredded finely

Equipment

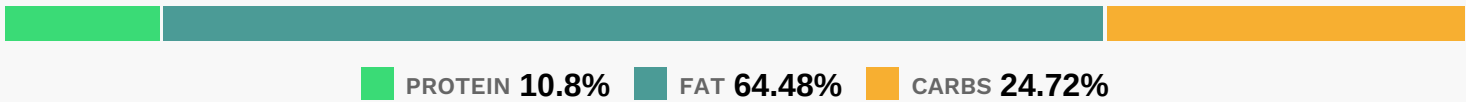
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In each roll, cut a pocket from the top down to within 1/2 inch from each side, cutting almost to but not through the bottom; set aside.
- ☐ Line bacon rack or microwavable plate with microwavable paper towels; place bacon on rack. Cover with paper towel. Microwave on High 4 to 6 minutes or until bacon is crisp. Crumble bacon when it is cool enough to handle.
- ☐ In small bowl, mix bacon, olives, onions, mayonnaise and 1/2 cup of the cheese. Fill each pocket with 1 heaping tablespoon bacon mixture. On ungreased cookie sheet, place rolls; sprinkle each roll with 2 teaspoons cheese.
- ☐ Bake 14 to 16 minutes or until filling is hot.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:7.8852173660112%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 255.9kcal (12.79%), Fat: 18.76g (28.86%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 13.47g (4.9%), Sugar: 1.45g (1.61%), Cholesterol: 19.13mg (6.38%), Sodium: 1059.08mg (46.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Selenium: 15.5µg (22.14%), Manganese: 0.3mg (15.06%), Calcium: 143.26mg (14.33%), Vitamin E: 2.1mg (14.02%), Vitamin B1: 0.18mg (11.89%), Fiber: 2.71g (10.83%), Phosphorus: 98.03mg (9.8%), Vitamin B3: 1.9mg (9.51%), Vitamin K: 9.08µg (8.65%), Vitamin B2: 0.14mg (8.16%), Vitamin A: 405.7IU (8.11%), Iron: 1.43mg (7.93%), Vitamin C: 4.57mg (5.54%), Copper: 0.11mg (5.54%), Folate: 21.96µg (5.49%), Zinc: 0.81mg (5.43%), Magnesium: 20.41mg (5.1%), Vitamin B6: 0.1mg (4.8%), Potassium: 105.4mg

(3.01%), Vitamin B12: 0.17µg (2.89%), Vitamin B5: 0.24mg (2.36%)