



Potato and Bacon Mini Pizzas

 Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons dijon mustard
- 1 tablespoon parsley fresh chopped
- 1 medium onion sliced
- 5 inch potato red boiling (3 medium)
- 0.5 cup cream sour
- 8 oz bacon
- 12 oz frangelico golden homestyle® golden layers®
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Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven

Directions

- Heat oven to 400F. In medium saucepan, cook potato slices in boiling salted water over medium-high heat for 5 minutes.
- Drain.
- Fry bacon in large skillet over medium-low heat until crisp.
- Drain on paper towels. Crumble bacon; set aside. In same skillet with bacon drippings, cook onion 5 to 7 minutes or until softened and separated into rings, stirring frequently.
- Separate dough into 10 biscuits. Separate each biscuit into 2 layers; place biscuit rounds on ungreased large cookie sheet. Flatten each slightly.
- Spread each lightly with mustard. Top each dough round with potato slice and onion.
- Bake at 400F. for 9 to 15 minutes or until crusts are crisp and golden brown. Top each mini pizza with sour cream and crumbled bacon.
- Sprinkle with parsley.

Nutrition Facts

 PROTEIN **10.98%**  FAT **81.85%**  CARBS **7.17%**

Properties

Glycemic Index:4.55, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.333913029536%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:

0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 62.3kcal (3.12%), Fat: 5.67g (8.73%), Saturated Fat: 2.1g (13.09%), Carbohydrates: 1.12g (0.37%), Net
Carbohydrates: 0.94g (0.34%), Sugar: 0.46g (0.51%), Cholesterol: 10.88mg (3.63%), Sodium: 93.8mg (4.08%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Selenium: 3.03µg (4.33%), Vitamin K: 3.43µg
(3.27%), Vitamin B1: 0.04mg (2.57%), Phosphorus: 24.42mg (2.44%), Vitamin B3: 0.49mg (2.43%), Vitamin B6:
0.04mg (2.07%), Vitamin B2: 0.02mg (1.28%), Potassium: 43.92mg (1.25%), Zinc: 0.18mg (1.17%), Vitamin A: 58.09IU
(1.16%), Vitamin B12: 0.07µg (1.15%)