

Rarebit Savories

READY IN



150 min.

SERVINGS



60

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon
- 0.5 pound aged cheddar cheese cubed
- 2 teaspoons mayonnaise
- 1 teaspoon ground mustard dry
- 1 onion cut into chunks
- 60 slices sandwich bread cut into rounds

Equipment

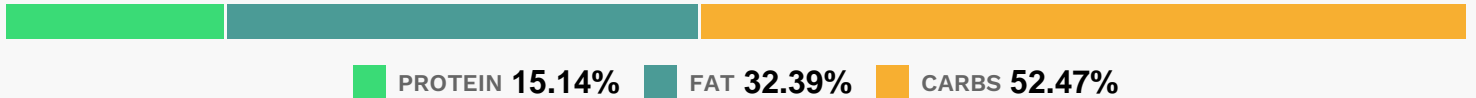
- food processor

- bowl
- frying pan
- baking sheet
- oven
- broiler

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Place the bacon, Cheddar cheese, onion, mayonnaise, and mustard into the bowl of a food processor; process until well blended. Scoop into a container, cover, and refrigerate several hours to overnight to allow the flavors to blend.
- Adjust oven rack to the topmost position, and set oven to Broil.
- Spread the bread rounds evenly with cheese mixture and place onto a cookie sheet. Toast under the broiler until browned and puffed, 5 to 8 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.98, Glycemic Load:8.83, Inflammation Score:-2, Nutrition Score:3.5039130941681%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 96.96kcal (4.85%), Fat: 3.46g (5.32%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12g (4.36%), Sugar: 1.43g (1.59%), Cholesterol: 5.77mg (1.92%), Sodium: 164.31mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Selenium: 7.54µg (10.77%), Vitamin B1: 0.14mg (9.14%), Calcium: 80.14mg (8.01%), Manganese: 0.15mg (7.59%), Folate: 28.95µg (7.24%), Vitamin B3: 1.31mg (6.57%), Phosphorus: 50.62mg (5.06%), Iron: 0.87mg (4.81%), Vitamin B2: 0.08mg (4.69%), Zinc: 0.4mg (2.66%), Fiber: 0.61g

(2.44%), Magnesium: 8.43mg (2.11%), Vitamin B6: 0.04mg (1.79%), Copper: 0.03mg (1.72%), Vitamin B5: 0.17mg (1.69%), Potassium: 40.92mg (1.17%)