



WHATSheATE



Spicy Three-Cheese Bacon Bites

🤍 Popular

READY IN



35 min.

SERVINGS



12

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf crusty baguette french cut into 36 (1/2-inch) slices (18 inch)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup bacon crumbled cooked
- ☐ 1 cup rotisserie chicken cut shredded
- ☐ 4 oz mozzarella cheese shredded
- ☐ 4 oz pepper jack cheese shredded
- ☐ 0.5 cup bell pepper red chopped
- ☐ 8 oz cream cheese softened

- ☐ 2 chipotles in adobo finely chopped (from 7-oz can)
- ☐ 3 tablespoons chives finely chopped

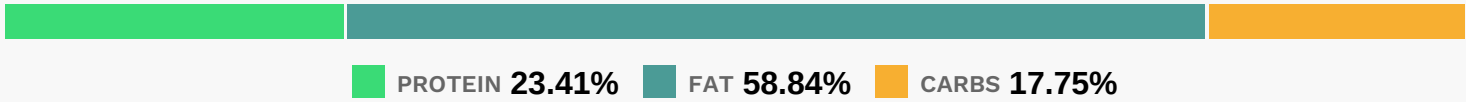
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cutting board

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- ☐ Place bread slices with sides touching in single layer on parchment paper.
- ☐ Brush with oil.
- ☐ Bake 5 to 7 minutes or until bread is toasted. Meanwhile, in medium bowl, stir together remaining ingredients except 1 tablespoon of the chives.
- ☐ Spoon mixture on toasted bread slices; sprinkle with remaining 1 tablespoon chives.
- ☐ Bake 10 to 12 minutes or until cheese is melted and golden brown. Cool 5 minutes. Slide parchment and bread onto wooden cutting board or serving platter so guests can pull them apart.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.15, Glycemic Load:7.32, Inflammation Score:-5, Nutrition Score:7.4656522222187%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 277.87kcal (13.89%), Fat: 18.15g (27.93%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 11.49g (4.18%), Sugar: 2.28g (2.53%), Cholesterol: 63.21mg (21.07%), Sodium: 530.98mg (23.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Selenium: 12.97µg (18.53%), Calcium: 160.6mg (16.06%), Phosphorus: 154.01mg (15.4%), Vitamin B1: 0.19mg (12.43%), Vitamin A: 621.01IU (12.42%), Vitamin B2: 0.2mg (11.88%), Vitamin B3: 2.04mg (10.18%), Vitamin C: 8.38mg (10.16%), Zinc: 1.13mg (7.51%), Folate: 30µg (7.5%), Vitamin B12: 0.44µg (7.3%), Iron: 1.04mg (5.8%), Manganese: 0.11mg (5.72%), Vitamin B6: 0.11mg (5.63%), Vitamin K: 4.08µg (3.89%), Magnesium: 15.54mg (3.88%), Vitamin E: 0.57mg (3.82%), Potassium: 127.94mg (3.66%), Vitamin B5: 0.35mg (3.47%), Fiber: 0.84g (3.35%), Copper: 0.04mg (2.24%)