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Bacon and Tomato Cups ♦

Bacon and Tomato Cups are a delicious and savory appetizer. The combination of crispy bacon and juicy tomatoes makes for a mouthwatering treat. These cups are perfect for parties, gatherings, or as a snack. They are easy to make and will impress your guests with their flavor and presentation.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	bacon
400 g	Tomatoes
100 g	Cheese
50 g	mayonnaise
2 g	Salt

2 g

Pepper

Directions

Step 1

Oven

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cut the bacon into small pieces and cook until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Cutting

Cut the tomatoes into small cubes and remove the seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, mix the cooked bacon, tomatoes, cheese, mayonnaise, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Place the bacon and tomato mixture into small cups or muffin tins.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Baking

Bake in the preheated oven for 10 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Appetizers

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Senior Friendly

Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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