

Apple, Bacon and Cheese Dinner Pies

Tammy Algood - "In a Snap! Tasty Southern Recipes"
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Servings: 8

6 slices applewood smoked bacon
1 package (8-1/2 ounce) corn muffin mix
2/3 cup all-purpose flour
1 teaspoon paprika
1 egg, lightly beaten
1/4 cup 2% reduced-fat milk
2 large Granny Smith apples, cored and thinly sliced
1/3 cup crumbled blue cheese

Preheat the oven to 400 degrees.

Lightly grease two baking sheets.

Cook the bacon in a large skillet over medium heat until crisp. Remove and drain on paper towels. Reserve the drippings. Coarsely crumble the bacon when cool enough to handle.

Combine the muffin mix, flour, paprika, egg and milk. Stir well to form a dough. Divide into four portions. Put two portions on each of the prepared pans. Press into seven-inch circles with your fingers.

Top each dough circle with a layer of apple slices. Brush the apples and crust with the bacon drippings.

Bake for 10 minutes.

Top with the blue cheese and crumbled bacon.

Bake for 7 minutes longer or until the edges are golden brown.

Cut into halves and serve warm.

Per Serving (excluding unknown items): 142 Calories; 4g Fat (26.1% calories from fat); 4g Protein; 22g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 244mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	142
% Calories from Fat:	26.1%
% Calories from Carbohydrates:	62.1%
% Calories from Protein:	11.8%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	22g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	244mg
Potassium (mg):	98mg
Calcium (mg):	44mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	276IU
Vitamin A (r.e.):	41RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	142	Calories from Fat: 37
% Daily Values*		
Total Fat	4g	6%
Saturated Fat	2g	8%
Cholesterol	31mg	10%
Sodium	244mg	10%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	8%
Protein	4g	
Vitamin A		6%
Vitamin C		3%
Calcium		4%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.