



Bacon and Chive Breadcrumbs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 2 ounces torn baguette
- ☐ 1 tablespoon chives chopped

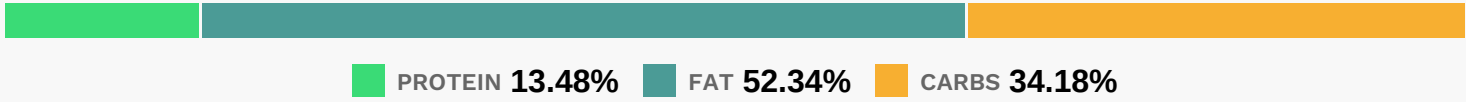
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a skillet over medium heat until crisp, and remove from pan using a slotted spoon. Crumble. Pulse torn baguette in a food processor for coarse crumbs.
- ☐ Add the breadcrumbs to drippings in pan; cook 2 minutes or until toasted, stirring frequently.
- ☐ Remove from heat; stir in bacon and chives.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:1.1530434722486%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 41.4kcal (2.07%), Fat: 2.38g (3.66%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.34g (0.38%), Cholesterol: 3.63mg (1.21%), Sodium: 80.22mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin B1: 0.06mg (3.78%), Selenium: 2.33µg (3.33%), Vitamin B3: 0.55mg (2.73%), Folate: 7.98µg (1.99%), Manganese: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.63%), Iron: 0.27mg (1.52%), Phosphorus: 14.87mg (1.49%), Vitamin B6: 0.02mg (1.13%)