



Bacon-Bourbon Jam

 Vegetarian  Vegan  Dairy Free  Very Healthy  Popular

READY IN



240 min.

SERVINGS



3

CALORIES



1118 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 tablespoons bourbon
- 0.5 cup apple cider vinegar
- 6 tablespoons hot-brewed coffee brewed
- 0.5 cup t brown sugar dark packed
- 2 teaspoons garlic clove coarsely chopped
- 0.3 cup maple syrup
- 2 cups onion diced
- 1.5 pounds regular hamburger

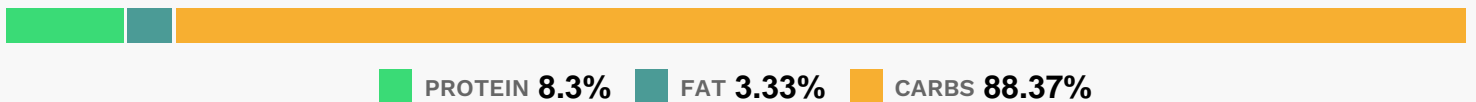
Equipment

- food processor
- frying pan
- paper towels
- wooden spoon

Directions

- Divide bacon between two large skillets and cook over medium-high heat, stirring frequently, until fat is rendered and bacon is lightly browned and starting to crisp, about 20 minutes.
- Transfer bacon to paper towels to drain. Discard fat from one skillet.
- Pour off all but one tablespoon fat from remaining skillet.
- Add onions and garlic and cook, stirring frequently, until onions are softened and translucent, about five minutes.
- Add vinegar, brown sugar, maple syrup, coffee, and bourbon. Bring to a boil and cook for two minutes, stirring and scraping browned bits from bottom of skillet with wooden spoon.
- Add bacon and stir to combine.
- Transfer mixture to a six-quart slow-cooker and cook on high, uncovered, until liquid has reduced and thickened slightly and bacon is a deep burnished brown, 3 1/2 to 4 hours.
- Transfer mixture to food processor and pulse until coarsely chopped.
- Let cool, then transfer to airtight jars. Store in refrigerator for up to one month.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:62.774347616279%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin:

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol:
0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.08mg, Myricetin: 0.08mg,
Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.7mg, Quercetin: 21.7mg, Quercetin: 21.7mg, Quercetin: 21.7mg

Nutrients (% of daily need)

Calories: 1117.84kcal (55.89%), Fat: 4.2g (6.47%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 251.47g (83.82%),
Net Carbohydrates: 221.95g (80.71%), Sugar: 79.71g (88.56%), Cholesterol: 0mg (0%), Sodium: 1312.91mg (57.08%),
Alcohol: 10.02g (100%), Alcohol %: 2.55% (100%), Caffeine: 11.83mg (3.94%), Protein: 23.61g (47.21%), Manganese:
9.82mg (490.9%), Folate: 1951.32µg (487.83%), Iron: 70.04mg (389.12%), Zinc: 25.84mg (172.26%), Vitamin B2:
2.44mg (143.33%), Vitamin B6: 2.57mg (128.62%), Vitamin B1: 1.89mg (126.07%), Vitamin B3: 24.3mg (121.5%),
Vitamin B12: 7.26µg (120.96%), Fiber: 29.52g (118.1%), Phosphorus: 764.21mg (76.42%), Calcium: 574.29mg
(57.43%), Magnesium: 215.76mg (53.94%), Copper: 0.98mg (48.76%), Vitamin A: 2415.42IU (48.31%), Vitamin C:
37.55mg (45.51%), Potassium: 1153.94mg (32.97%), Vitamin D: 4.76µg (31.75%), Selenium: 12.64µg (18.05%), Vitamin
B5: 1.59mg (15.87%), Vitamin E: 1.57mg (10.45%), Vitamin K: 4.57µg (4.35%)