

## Bacon Brownies

READY IN



65 min.

SERVINGS



12

CALORIES



290 kcal

### Ingredients

- 0.3 pound bacon cut into 1/4-inch dice
- 1 cup brown sugar
- 0.5 cup butter melted
- 0.5 cup chocolate chips
- 0.5 cup cocoa powder
- 2 eggs lightly beaten
- 0.8 cup flour all-purpose
- 2 tablespoons honey
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla extract

0.3 cup sugar white

## Equipment

bowl

frying pan

oven

baking pan

toothpicks

slotted spoon

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.

Fry bacon in a skillet over medium-high heat until nearly crisp, about 5 minutes.

Add honey and stir until the foaming subsides.

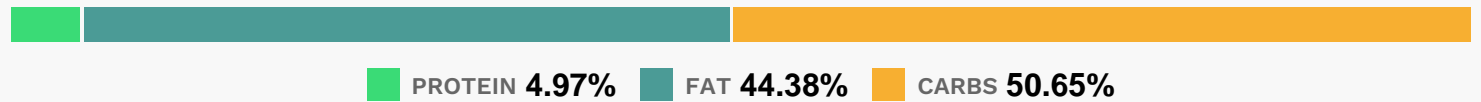
Remove the bacon with a slotted spoon to a plate to cool.

Mix melted butter, brown sugar, white sugar, and vanilla extract in a large bowl; mix in eggs.

Sift flour, cocoa powder, and salt together in a bowl; add to the egg mixture. Fold bacon and chocolate chips into the mixture; pour into the prepared baking dish.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 35 minutes. Allow brownies to cool for 20 minutes before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:20.61, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:4.54739134289%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 289.6kcal (14.48%), Fat: 14.84g (22.83%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.58g (13.3%), Sugar: 29.28g (32.53%), Cholesterol: 53.85mg (17.95%), Sodium: 236.95mg (10.3%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.74g (7.48%), Selenium: 7.68µg (10.97%), Manganese: 0.21mg (10.5%), Copper: 0.17mg (8.35%), Phosphorus: 66.04mg (6.6%), Iron: 1.18mg (6.54%), Vitamin B1: 0.09mg (6.24%), Fiber: 1.54g (6.18%), Magnesium: 23.59mg (5.9%), Vitamin A: 279.46IU (5.59%), Vitamin B2: 0.09mg (5.54%), Folate: 19.43µg (4.86%), Vitamin B3: 0.96mg (4.78%), Potassium: 142.4mg (4.07%), Zinc: 0.53mg (3.52%), Calcium: 33.55mg (3.35%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.25mg (2.45%), Vitamin E: 0.35mg (2.3%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.18µg (1.23%)