

Bacon Dressing



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



24

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices center-cut 30%-less fat bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup green onions minced (1 large)
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt

Equipment

- ☐ frying pan

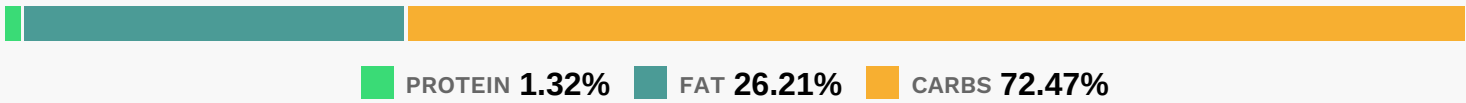
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whisk

Directions

- ☐ Cook bacon in a skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; drain bacon.
- ☐ Add vinegar and next 4 ingredients to drippings in pan, stirring with a whisk.
- ☐ Remove pan from heat. Crumble bacon, and add to pan, stirring with a whisk.

Nutrition Facts



Properties

Glycemic Index:6.51, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:0.21173912651189%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 8.52kcal (0.43%), Fat: 0.25g (0.39%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.47g (1.63%), Cholesterol: 0.24mg (0.08%), Sodium: 24.97mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin K: 2.22µg (2.12%)