



 **8%**
HEALTH SCORE

Bacon Ice Cream

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



1040 kcal

Ingredients

- 1 pound bacon
- 1 pint dulce de leche warmed
- 0.3 cup pecans chopped

Equipment

- bowl

Directions

- Mix bacon and nuts in bowl. Set aside a teaspoon of bacon and nuts for topping.

Mix chopped bacon and nuts into ice cream, then place back in freezer. After Bacon Ice Cream is frozen, scoop into cup and top with bits of bacon and nuts. Enjoy!

Nutrition Facts

PROTEIN 11.52% **FAT 86.63%** **CARBS 1.85%**

Properties

Glycemic Index:26, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:17.222608695652%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1039.89kcal (51.99%), Fat: 99.83g (153.58%), Saturated Fat: 31g (193.73%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.54g (0.6%), Cholesterol: 149.69mg (49.9%), Sodium: 1501.39mg (65.28%), Protein: 29.87g (59.74%), Selenium: 46.1µg (65.86%), Vitamin B1: 0.72mg (47.73%), Vitamin B3: 9.28mg (46.41%), Phosphorus: 364.33mg (36.43%), Manganese: 0.64mg (31.9%), Vitamin B6: 0.63mg (31.59%), Zinc: 3.29mg (21.96%), Vitamin B12: 1.13µg (18.9%), Potassium: 504.92mg (14.43%), Vitamin B5: 1.38mg (13.76%), Copper: 0.26mg (12.94%), Vitamin B2: 0.2mg (11.85%), Magnesium: 43.7mg (10.93%), Vitamin E: 1.17mg (7.77%), Iron: 1.27mg (7.08%), Vitamin D: 0.91µg (6.05%), Fiber: 1.31g (5.23%), Calcium: 20.88mg (2.09%), Vitamin A: 91.54IU (1.83%)