

## Bacon Praline

 Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup bacon chopped
- ☐ 2 tablespoons butter unsalted chilled at room temperature (or butter, )
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 cup t brown sugar dark packed ( )
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup maple syrup organic pure (preferably )
- ☐ 2 tablespoons blackstrap molasses

- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.8 cup sugar
- ☐ 0.5 pound bacon

## Equipment

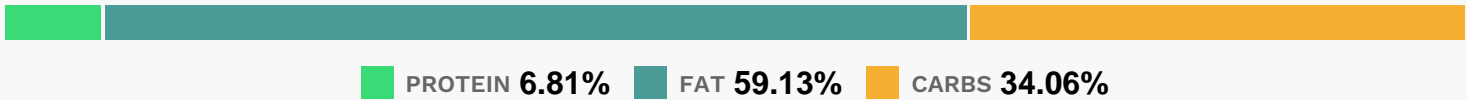
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ For the candied bacon: In a medium bowl, combine the bacon, brown sugar, maple syrup, molasses, and pepper, and stir until the bacon is coated. Cover and refrigerate for at least 30 minutes, or for up to 24 hours.
- ☐ Position a rack in the center of the oven, and preheat the oven to 375°F (350°F if using a convection oven). Line a large sheet pan with 1-inch-high sides with foil, and position a wire rack inside the pan.
- ☐ Arrange the bacon strips on the rack.
- ☐ Bake for 28 to 30 to minutes (20 to 25 minutes if using a convection oven), or until the bacon is dark brown.
- ☐ Transfer the pan to a wire rack, and let cool for about 10 minutes. Pry the bacon off the wire rack (yep, it will be sticky), and serve immediately, or cool completely and whiz in the food processor until it is finely chopped. Store in an airtight container in the refrigerator for up to 5 days.

- ☐ For the praline: Line a baking sheet with a nonstick liner (parchment paper won't work for brittle). Grease the bottom of a metal spatula (preferably with Pam).
- ☐ In a medium saucepan, combine the sugar and 2 tablespoons water, and cook over medium heat, stirring occasionally, until the sugar is dissolved and the liquid is clear, about 2 minutes. Increase the heat to medium high and bring the mixture to a boil.
- ☐ Add the pecans and salt, and cook, stirring constantly, until the sugar begins to turn brown on the edges. The sugar will look dry and granular but will melt into a lovely caramel. Continue cooking and stirring for another 4 to 6 minutes, until the caramel is liquid and deep amber.
- ☐ Slide the pan from the heat, and add the bacon and bacon fat. Stir until the bacon fat is blended in and the bacon is evenly coated with the caramel.
- ☐ Carefully and quickly pour the mixture onto the prepared baking sheet, and using the greased spatula, spread it into a thin layer.
- ☐ Sprinkle with the fleur de sel. Set aside at room temperature for 1 to 2 hours, or until completely cool and hard. Break into small clusters, and store in an airtight container for up to 5 days.

## Nutrition Facts



## Properties

Glycemic Index:96.3, Glycemic Load:68.98, Inflammation Score:-5, Nutrition Score:27.664347601973%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

## Nutrients (% of daily need)

Calories: 1850.22kcal (92.51%), Fat: 123.2g (189.54%), Saturated Fat: 39.69g (248.05%), Carbohydrates: 159.65g (53.22%), Net Carbohydrates: 156.97g (57.08%), Sugar: 150.57g (167.3%), Cholesterol: 183.02mg (61.01%), Sodium: 2429.49mg (105.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.85%), Manganese: 2.54mg (127.23%), Selenium: 52.21µg (74.59%), Vitamin B1: 0.86mg (57%), Vitamin B3: 9.91mg (49.53%), Vitamin B2: 0.75mg (44.36%), Phosphorus: 420.54mg (42.05%), Vitamin B6: 0.82mg (41.19%), Magnesium: 121.66mg (30.41%), Zinc: 4.34mg (28.96%), Potassium: 1010.17mg (28.86%), Copper: 0.55mg (27.52%), Vitamin B12: 1.18µg (19.7%), Vitamin

B5: 1.75mg (17.49%), Iron: 2.96mg (16.44%), Calcium: 151.72mg (15.17%), Vitamin E: 1.71mg (11.37%), Fiber: 2.68g (10.72%), Vitamin A: 452.21IU (9.04%), Vitamin D: 1.14µg (7.58%), Vitamin K: 2.34µg (2.23%), Folate: 6.82µg (1.71%)