



Bacon Rings with Avocado



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup alfalfa sprouts
- ☐ 1 small avocado halved sliced
- ☐ 4 large carrots ()
- ☐ 2 teaspoons hot sauce
- ☐ 0.8 pound bacon lean thin
- ☐ 2 tablespoons mayonnaise
- ☐ 16 servings salt

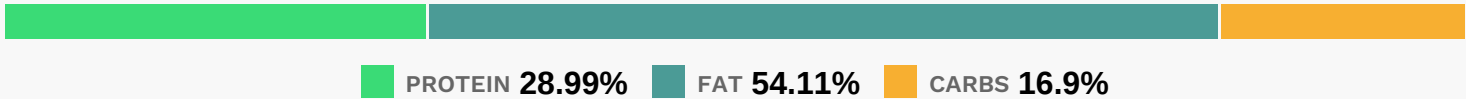
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 42
- ☐ Lay 4 slices of the bacon side by side on a work surface.
- ☐ Place a carrot at 1 end and roll up the carrot in the bacon slices.
- ☐ Transfer the carrot to a rimmed baking sheet. Repeat with the remaining bacon and carrots.
- ☐ Bake for about 45 minutes, or until the bacon is crisp.
- ☐ Let cool slightly, then carefully loosen each bacon ring and slide it off the carrot, keeping the ring intact. Stand the rings up and let cool.
- ☐ In a small bowl, mix the mayonnaise with the hot sauce and season with salt. When a carrot is cool enough to handle, cut it into 3-inch-long matchsticks. Save the other carrots for another use.
- ☐ To assemble a ring, gently press 3 carrot sticks together with 2 avocado slices.
- ☐ Spread a thin layer of the mayonnaise mixture all around them and then roll in alfalfa sprouts. Gently press this filling into a bacon ring, pushing it in only halfway or just far enough to hold together. Repeat to form the remaining bacon rings.
- ☐ Transfer to a platter and serve at room temperature.
- ☐ Make Ahead: The bacon rings can be refrigerated overnight. Reheat in a 350 oven for 2 minutes, or until sizzling.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:4.7169565835401%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-

gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 65kcal (3.25%), Fat: 4.07g (6.25%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.96g (1.06%), Cholesterol: 0.74mg (0.25%), Sodium: 656.78mg (28.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin A: 3030.57IU (60.61%), Vitamin K: 8.51µg (8.1%), Fiber: 1.39g (5.55%), Folate: 14.46µg (3.61%), Vitamin C: 2.86mg (3.47%), Potassium: 121.27mg (3.46%), Vitamin B6: 0.06mg (2.94%), Vitamin E: 0.44mg (2.92%), Manganese: 0.05mg (2.42%), Vitamin B5: 0.24mg (2.39%), Vitamin B3: 0.41mg (2.03%), Copper: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.77%), Magnesium: 6.41mg (1.6%), Vitamin B1: 0.02mg (1.48%), Phosphorus: 14.7mg (1.47%)