



Bacon with Black Pepper and Rosemary



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon thinly sliced
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 1 large sprig rosemary

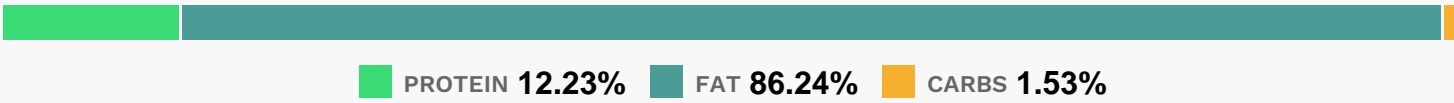
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Scatter bacon slices on a baking sheet so that they lie curled on their sides. Strip leaves from rosemary sprig and scatter over bacon, along with lots of pepper.
- ☐ Roast bacon until crisp, about 15 minutes.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8199999768125%

Nutrients (% of daily need)

Calories: 118.57kcal (5.93%), Fat: 11.26g (17.32%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0g (0%), Cholesterol: 18.71mg (6.24%), Sodium: 187.71mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Selenium: 5.7µg (8.15%), Vitamin B3: 1.14mg (5.71%), Vitamin B1: 0.08mg (5.23%), Phosphorus: 41.03mg (4.1%), Vitamin B6: 0.08mg (3.8%), Vitamin B12: 0.14µg (2.36%), Zinc: 0.34mg (2.24%), Potassium: 57.91mg (1.65%), Vitamin B5: 0.16mg (1.59%), Vitamin B2: 0.02mg (1.37%)