



Bacon-Wrapped Bourbon Figs

READY IN



55 min.

SERVINGS



1

CALORIES



1464 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 slices bacon fully-cooked cut in half crosswise
- ☐ 0.3 cup bourbon
- ☐ 12 figs dried
- ☐ 2 oz gorgonzola cut into 24 pieces
- ☐ 24 pecans toasted
- ☐ 1 serving frangelico
- ☐ 1 serving frangelico

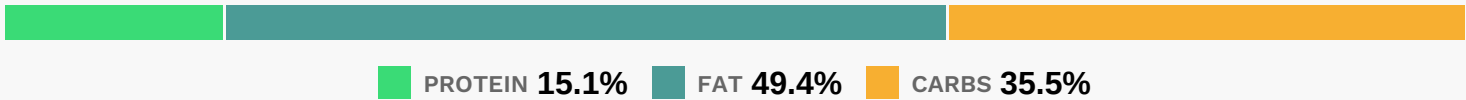
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 2 ingredients and 1 1/2 cups water in a medium saucepan. Cook, covered, over low heat 15 to 20 minutes or until figs are plump and softened.
- ☐ Remove from heat; cool slightly (about 15 minutes).
- ☐ Drain figs; gently pat dry with paper towels.
- ☐ Preheat oven to 35
- ☐ Cut figs in half lengthwise.
- ☐ Place 1 cheese piece and 1 pecan half on cut side of each fig half. Wrap 1 bacon piece around each fig, and secure with a wooden pick.
- ☐ Place on a wire rack in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 6 to 8 minutes or until bacon is crisp and browned.
- ☐ Note: We tested with Oscar Mayer Fully Cooked Bacon.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:60.16, Inflammation Score:-9, Nutrition Score:45.83434768345%

Flavonoids

Cyanidin: 6.61mg, Cyanidin: 6.61mg, Cyanidin: 6.61mg, Cyanidin: 6.61mg Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 11.97mg, Catechin: 11.97mg, Catechin: 11.97mg, Catechin: 11.97mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg

Quercetin: 32.82mg, Quercetin: 32.82mg, Quercetin: 32.82mg, Quercetin: 32.82mg

Nutrients (% of daily need)

Calories: 1464.2kcal (73.21%), Fat: 75.96g (116.86%), Saturated Fat: 24.56g (153.49%), Carbohydrates: 122.83g (40.94%), Net Carbohydrates: 102.2g (37.16%), Sugar: 99.42g (110.46%), Cholesterol: 137.56mg (45.85%), Sodium: 2271.44mg (98.76%), Alcohol: 20.04g (100%), Alcohol %: 3% (100%), Protein: 52.26g (104.52%), Manganese: 2.32mg (115.85%), Selenium: 59.37µg (84.81%), Fiber: 20.63g (82.5%), Phosphorus: 771.38mg (77.14%), Vitamin B1: 1.14mg (75.96%), Vitamin B6: 1.36mg (67.84%), Vitamin B3: 13.46mg (67.3%), Potassium: 2155.15mg (61.58%), Calcium: 543.45mg (54.35%), Copper: 0.96mg (47.96%), Magnesium: 185.46mg (46.36%), Vitamin B2: 0.79mg (46.2%), Zinc: 6.89mg (45.95%), Vitamin B5: 4.14mg (41.43%), Vitamin K: 30.74µg (29.27%), Vitamin B12: 1.74µg (28.97%), Vitamin A: 1338.95IU (26.78%), Iron: 4.18mg (23.23%), Folate: 63.8µg (15.95%), Vitamin C: 12.37mg (14.99%), Vitamin E: 1.68mg (11.17%), Vitamin D: 0.67µg (4.45%)