



Balsamic and Brown Sugar Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients



0.5 lb bacon (8 slices)



2 tablespoons balsamic vinegar



0.3 cup brown sugar packed

Equipment



bowl



baking sheet



oven



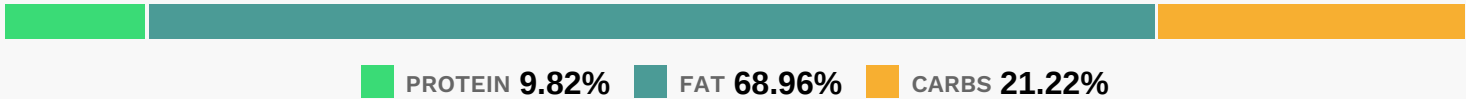
wire rack

☐ aluminum foil

Directions

- ☐ Heat oven to 350F. Line cookie sheet with foil.
- ☐ Place wire rack on foil.
- ☐ Arrange bacon in single layer on rack.
- ☐ Bake 20 minutes. Meanwhile, in small bowl, stir together brown sugar and balsamic vinegar.
- ☐ Turn bacon over; spoon brown sugar and balsamic mixture over bacon slices.
- ☐ Bake 10 to 15 minutes longer or until golden brown.
- ☐ Remove from rack. Cool completely, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.8795652093123%

Nutrients (% of daily need)

Calories: 147.86kcal (7.39%), Fat: 11.25g (17.31%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.79g (2.83%), Sugar: 7.27g (8.07%), Cholesterol: 18.71mg (6.24%), Sodium: 190.52mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Selenium: 5.78µg (8.26%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 41.86mg (4.19%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.14µg (2.36%), Zinc: 0.34mg (2.27%), Potassium: 69.76mg (1.99%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.02mg (1.35%), Magnesium: 4.5mg (1.13%), Iron: 0.19mg (1.08%)