



Black Pepper-Brown Sugar Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon thick
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 0.3 cup cracked pepper black

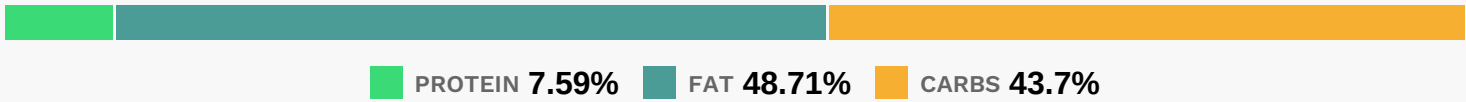
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Arrange bacon in a single layer in an aluminum foil-lined broiler pan. Press cracked black pepper onto bacon slices; cover evenly with brown sugar.
- ☐ Bake at 425 for 25 minutes or until done. Quarter each slice; let stand 2 to 3 minutes or until sugar is set.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:5.3613043233104%

Nutrients (% of daily need)

Calories: 274.49kcal (13.72%), Fat: 15.16g (23.33%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 29.37g (10.68%), Sugar: 26.71g (29.67%), Cholesterol: 24.95mg (8.32%), Sodium: 258.92mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Manganese: 0.65mg (32.52%), Selenium: 8.17µg (11.67%), Vitamin B3: 1.61mg (8.03%), Vitamin K: 8.07µg (7.68%), Vitamin B1: 0.11mg (7.31%), Phosphorus: 63.32mg (6.33%), Vitamin B6: 0.13mg (6.31%), Potassium: 176.92mg (5.05%), Fiber: 1.25g (4.99%), Copper: 0.09mg (4.72%), Calcium: 46.55mg (4.66%), Iron: 0.83mg (4.6%), Magnesium: 15.44mg (3.86%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.19µg (3.15%), Vitamin B2: 0.04mg (2.32%), Vitamin E: 0.21mg (1.43%), Vitamin D: 0.15µg (1.01%)