



Black Sesame Bacon Brittle



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



12

CALORIES



73 kcal

Ingredients



8 slice bacon



1 teaspoon baking soda



3 tablespoon sesame seed black

Equipment



frying pan



baking sheet



paper towels



baking paper

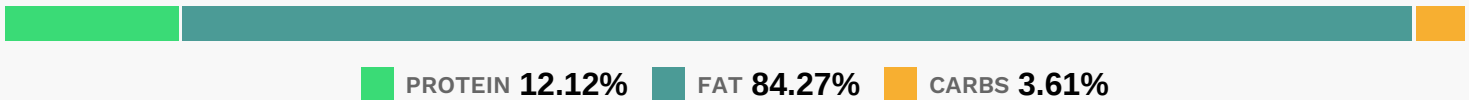


spatula

Directions

- ☐ Line a rimmed baking sheet with a silicone baking mat or parchment paper.
- ☐ Place bacon into a large, non-stick or cast skillet. Turn the heat to medium and cook bacon uncovered until crisp on both sides, 8 to 10 minutes.
- ☐ Drain on paper towels, then crumble or chop well.
- ☐ Pour off all but about 2 tablespoons bacon fat from the skillet.
- ☐ Add the chopped bacon, sugar and sesame seeds. Cook over medium heat, stirring frequently, until sugar turns the a medium amber color, about 5 minutes. Turn off the heat and quickly stir in baking soda.
- ☐ Transfer mixture to prepared baking sheet and use a spatula to spread it out evenly to about 1/8-inch; let cool. Break brittle into shards. Can be made 1 day ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.7499999915776%

Nutrients (% of daily need)

Calories: 72.62kcal (3.63%), Fat: 6.81g (10.48%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.01g (0.01%), Cholesterol: 9.68mg (3.23%), Sodium: 188.51mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Selenium: 3.64µg (5.2%), Copper: 0.09mg (4.39%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.68mg (3.4%), Phosphorus: 33.7mg (3.37%), Vitamin B6: 0.05mg (2.74%), Manganese: 0.05mg (2.54%), Magnesium: 8.78mg (2.19%), Zinc: 0.33mg (2.19%), Calcium: 20.23mg (2.02%), Iron: 0.35mg (1.95%), Vitamin B12: 0.07µg (1.22%), Potassium: 38.4mg (1.1%)