



## Brown Sugar Smokies

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



342 kcal

SIDE DISH

### Ingredients

- 1 pound bacon
- 1 cup brown sugar to taste
- 16 ounce sausage

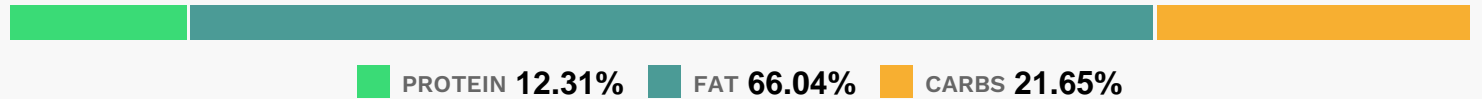
### Equipment

- baking sheet
- oven
- skewers
- wooden skewers

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut bacon into thirds and wrap each strip around a little sausage.
- Place the wrapped sausages on wooden skewers, several to a skewer. Arrange the skewers on a baking sheet and sprinkle them liberally with brown sugar.
- Bake until bacon is crisp and the brown sugar melted.

## Nutrition Facts



## Properties

Glycemic Index:2.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.9921739140283%

## Nutrients (% of daily need)

Calories: 342.2kcal (17.11%), Fat: 25.03g (38.51%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 18.47g (6.72%), Sugar: 17.78g (19.76%), Cholesterol: 52.16mg (17.39%), Sodium: 495.77mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (20.99%), Vitamin B3: 3.32mg (16.59%), Vitamin B1: 0.21mg (13.88%), Vitamin B6: 0.22mg (11.19%), Selenium: 7.82µg (11.17%), Phosphorus: 106.19mg (10.62%), Vitamin B12: 0.51µg (8.5%), Zinc: 1.27mg (8.48%), Potassium: 192.97mg (5.51%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.08mg (4.51%), Vitamin D: 0.64µg (4.28%), Iron: 0.7mg (3.92%), Magnesium: 11.48mg (2.87%), Copper: 0.05mg (2.47%), Calcium: 20.51mg (2.05%), Vitamin E: 0.23mg (1.56%)