



Brown Sugared Turkey Bacon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



23 min.

SERVINGS



12

CALORIES



132 kcal

SIDE DISH

Ingredients

- 0.3 cup firmly brown sugar light packed
- 1 tsp coarsely ground pepper
- 12 oz at least of turkey bacon

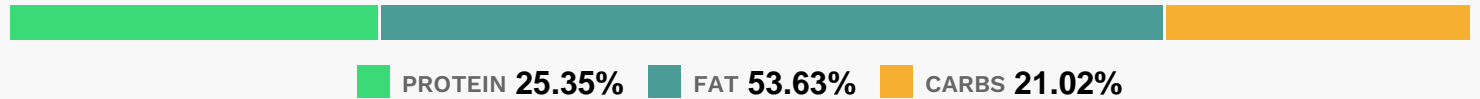
Equipment

- oven
- aluminum foil
- broiler pan

Directions

- Arrange bacon in a single layer in an aluminum foil-lined broiler pan coated with cooking spray.
- Sprinkle evenly with brown sugar and pepper.
- Bake at 425 for 14 to 18 minutes or until done.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.8586956695046%

Nutrients (% of daily need)

Calories: 131.94kcal (6.6%), Fat: 7.91g (12.18%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.94g (2.52%), Sugar: 5.93g (6.59%), Cholesterol: 27.78mg (9.26%), Sodium: 649.53mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.83%), Phosphorus: 130.92mg (13.09%), Selenium: 7.4µg (10.57%), Zinc: 0.86mg (5.75%), Vitamin B3: 1.01mg (5.05%), Vitamin B6: 0.09mg (4.69%), Vitamin B2: 0.07mg (4.02%), Iron: 0.66mg (3.65%), Potassium: 122.32mg (3.49%), Copper: 0.05mg (2.38%), Magnesium: 9.06mg (2.26%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.1µg (1.7%), Manganese: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.15%)