

Caramelized Bacon

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

READY IN



20 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

Ingredients

- 1 pound bacon sliced
- 1.3 cups brown sugar packed
- 0.5 teaspoon ground cinnamon

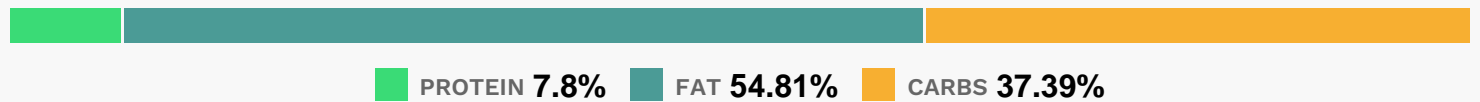
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a shallow bowl, mix brown sugar and cinnamon. Dip bacon slices in the brown sugar mixture to coat, and arrange in a single layer on a baking sheet.
- Bake 8 minutes in the preheated oven, turning once, until dark golden brown. Allow to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.2182608851758%

Nutrients (% of daily need)

Calories: 293.89kcal (14.69%), Fat: 18g (27.7%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 27.59g (10.03%), Sugar: 26.68g (29.64%), Cholesterol: 29.94mg (9.98%), Sodium: 307.99mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Selenium: 9.45µg (13.5%), Vitamin B3: 1.86mg (9.28%), Vitamin B1: 0.13mg (8.35%), Phosphorus: 66.48mg (6.65%), Vitamin B6: 0.13mg (6.6%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.55mg (3.64%), Potassium: 126.82mg (3.62%), Vitamin B5: 0.29mg (2.88%), Calcium: 26.09mg (2.61%), Iron: 0.39mg (2.16%), Vitamin B2: 0.04mg (2.16%), Manganese: 0.04mg (2%), Magnesium: 7.98mg (1.99%), Copper: 0.03mg (1.62%), Vitamin E: 0.2mg (1.32%), Vitamin D: 0.18µg (1.21%)