



Coffee and Brown Sugar Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 1 tablespoon ground coffee
- ☐ 1 pound bacon thick-cut

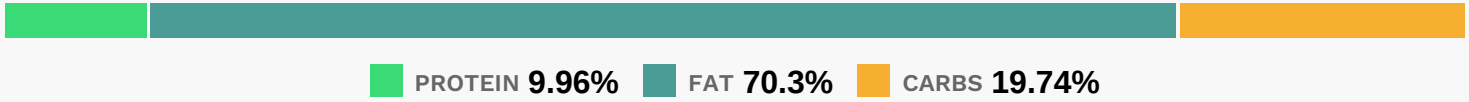
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Line a rimmed baking pan with parchment or waxed paper and set a flat rack on top.
- ☐ Lay bacon strips on rack, overlapping slightly if needed.
- ☐ Sprinkle top of strips evenly with ground coffee. In a small bowl, combine brown sugar and brewed coffee, stirring just to blend to a paste.
- ☐ Brush top of strips with half of sugar mixture.
- ☐ Bake 15 minutes. Turn bacon over and brush with remaining sugar glaze.
- ☐ Bake until crispy, 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6982608730702%

Nutrients (% of daily need)

Calories: 288.72kcal (14.44%), Fat: 22.5g (34.62%), Saturated Fat: 7.54g (47.12%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 14.21g (5.17%), Sugar: 13.34g (14.82%), Cholesterol: 37.42mg (12.47%), Sodium: 379.27mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.35%), Selenium: 11.56µg (16.52%), Vitamin B3: 2.3mg (11.51%), Vitamin B1: 0.16mg (10.47%), Phosphorus: 82.31mg (8.23%), Vitamin B6: 0.16mg (7.82%), Vitamin B12: 0.28µg (4.72%), Zinc: 0.67mg (4.49%), Potassium: 132.36mg (3.78%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (2.87%), Magnesium: 8.15mg (2.04%), Iron: 0.33mg (1.84%), Vitamin E: 0.24mg (1.63%), Copper: 0.03mg (1.52%), Vitamin D: 0.23µg (1.51%), Calcium: 14.32mg (1.43%)