



## Crispy Brown Sugar Bacon

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

### Ingredients

- 1 pound hickory-smoked bacon
- 1 cup firmly brown sugar light packed
- 1 tablespoon cracked pepper black

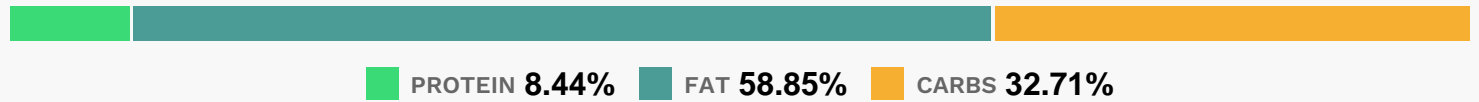
### Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Cut bacon slices in half.
- Combine sugar and pepper in a shallow dish. Dredge bacon in sugar mixture, shaking off excess.
- Twist each bacon slice, if desired.
- Place bacon in a single layer on a lightly greased baking rack in an aluminum foil-lined baking pan.
- Bake at 425 for 20 to 25 minutes or until crisp. Allow bacon to cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:5.6856521238451%

## Nutrients (% of daily need)

Calories: 457.09kcal (22.85%), Fat: 30.04g (46.21%), Saturated Fat: 10.07g (62.91%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 37.32g (13.57%), Sugar: 35.57g (39.53%), Cholesterol: 49.9mg (16.63%), Sodium: 510.93mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Selenium: 15.68µg (22.41%), Vitamin B3: 3.09mg (15.46%), Vitamin B1: 0.21mg (13.98%), Phosphorus: 111.91mg (11.19%), Vitamin B6: 0.22mg (10.95%), Manganese: 0.16mg (7.97%), Vitamin B12: 0.38µg (6.3%), Zinc: 0.92mg (6.1%), Potassium: 211.74mg (6.05%), Vitamin B5: 0.48mg (4.82%), Calcium: 38.64mg (3.86%), Vitamin B2: 0.06mg (3.71%), Iron: 0.67mg (3.71%), Magnesium: 14.08mg (3.52%), Copper: 0.06mg (3.11%), Vitamin E: 0.34mg (2.24%), Vitamin D: 0.3µg (2.02%), Vitamin K: 1.64µg (1.56%), Fiber: 0.25g (1.01%)