



Crispy Turkey Skin Bacon

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving turkey raw cooked (either already , or)
- 1 serving salt and pepper
- 1 serving chicken
- 1 serving beef
- 1 serving fatty pork
- 1 serving fish fillet
- 1 serving soup noodles

Equipment

baking sheet

oven

Directions

Preheat oven to 375°F (or 350° convection).

Bake:

Place turkey skins in a single layer fat-side down on a rimmed baking sheet.

Sprinkle with salt and pepper.

Bake at 375°F until well browned and crispy (5–10 minutes if already cooked, longer if starting out raw).

Remove from oven, let cool to touch. Crumble and serve over salads, on soup, on twice baked potatoes, etc.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:16.81, Inflammation Score:-4, Nutrition Score:25.347391325495%

Nutrients (% of daily need)

Calories: 745.58kcal (37.28%), Fat: 37.82g (58.18%), Saturated Fat: 12.32g (76.99%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 40.02g (14.55%), Sugar: 1.53g (1.7%), Cholesterol: 186.38mg (62.13%), Sodium: 398.71mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.5g (111.01%), Selenium: 77.28µg (110.4%), Vitamin B3: 16.61mg (83.05%), Vitamin B6: 1.1mg (55.03%), Phosphorus: 513.5mg (51.35%), Vitamin B12: 2.91µg (48.57%), Zinc: 6.86mg (45.76%), Manganese: 0.55mg (27.54%), Vitamin B2: 0.4mg (23.78%), Iron: 3.89mg (21.6%), Vitamin B5: 2.16mg (21.56%), Magnesium: 81.38mg (20.34%), Potassium: 700.52mg (20.01%), Copper: 0.31mg (15.68%), Vitamin B1: 0.19mg (12.58%), Fiber: 1.79g (7.17%), Folate: 27.05µg (6.76%), Vitamin E: 0.79mg (5.29%), Calcium: 45.99mg (4.6%), Vitamin A: 185.74IU (3.71%), Vitamin D: 0.51µg (3.43%), Vitamin K: 3.23µg (3.07%), Vitamin C: 1.74mg (2.11%)