



WHATSheATE



Lacquered Chinese Bacon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



360 min.

SERVINGS



30

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 pound water chinese for at least 6 hours



1.5 cups brown sugar

Equipment



frying pan

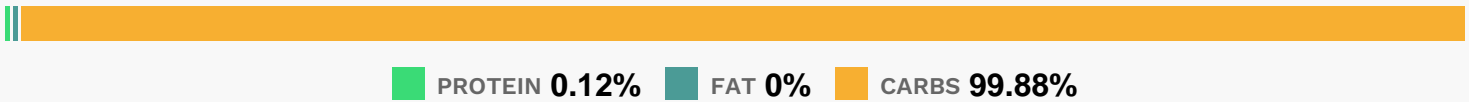


oven

Directions

- ☐ Preheat the oven to 425 degrees.
- ☐ Cut the meat crosswise into 1/4-inch-thick pieces.
- ☐ Place the sugar in a wide dish and dredge both sides of each bacon piece in the sugar, pressing the sugar firmly onto the pieces with your fingers.
- ☐ Arrange the slices on a pan or skillet and bake, turning once, until the bacon is cooked and browned, about 15 to 20 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.15478260685568%

Nutrients (% of daily need)

Calories: 41.8kcal (2.09%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.79g (3.92%), Sugar: 10.67g (11.86%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.03%)