



Maple Bourbon Bacon Jam



Dairy Free



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



660 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound bacon smoked thick cut into 1 inch pieces
- ☐ 0.3 cup bourbon
- ☐ 0.3 cup brown sugar
- ☐ 1 chipotle chilis in adobo chopped
- ☐ 0.3 cup cider vinegar
- ☐ 0.8 cup hot-brewed coffee brewed ()
- ☐ 0.5 teaspoon cumin
- ☐ 4 cloves garlic chopped

- ☐ 0.3 cup maple syrup
- ☐ 1 large onion sliced
- ☐ 4 servings bell pepper to taste

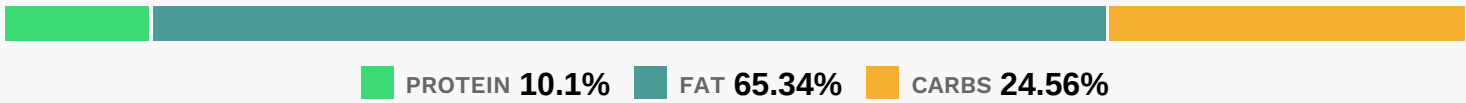
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook the bacon in a large sauce pan an over medium heat until the fat has rendered and the bacon starts to get crispy and set aside, reserving 1 tablespoon of the grease in the pan.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the vinegar and deglaze the pan.
- ☐ Add the coffee, brown sugar, maple syrup, bourbon, bacon, chipotle chilies, cumin and pepper, reduce the heat and simmer until reduced to a syrupy consistency, about 1–2 hours.Process the jam in a food processor to smooth it out a bit but not too much as you want to have the texture of the bacon.If you do not finish it all in one sitting, store it in a sealed container in the fridge for up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:7, Inflammation Score:–9, Nutrition Score:20.165652161059%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.46mg, Luteolin:
0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg,
Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 659.97kcal (33%), Fat: 45.35g (69.77%), Saturated Fat: 15.14g (94.65%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 35.7g (12.98%), Sugar: 30.46g (33.85%), Cholesterol: 74.84mg (24.95%), Sodium: 763.59mg (33.2%), Alcohol: 5.01g (100%), Alcohol %: 1.86% (100%), Caffeine: 17.77mg (5.93%), Protein: 15.77g (31.53%), Vitamin C: 99.09mg (120.11%), Vitamin A: 2378.93IU (47.58%), Manganese: 0.72mg (36.23%), Selenium: 23.67µg (33.82%), Vitamin B6: 0.61mg (30.4%), Vitamin B3: 5.48mg (27.42%), Vitamin B2: 0.46mg (27.02%), Vitamin B1: 0.4mg (26.56%), Phosphorus: 203.05mg (20.31%), Potassium: 549.52mg (15.7%), Zinc: 1.8mg (12.01%), Vitamin E: 1.69mg (11.25%), Fiber: 2.67g (10.66%), Folate: 42.54µg (10.63%), Vitamin B5: 1.06mg (10.61%), Vitamin B12: 0.57µg (9.45%), Magnesium: 35.51mg (8.88%), Iron: 1.33mg (7.39%), Calcium: 62.55mg (6.26%), Copper: 0.1mg (4.89%), Vitamin K: 3.91µg (3.72%), Vitamin D: 0.45µg (3.02%)