



Maple-Pecan Bacon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

Ingredients

- 0.3 cup maple syrup
- 1 cup pecans finely chopped
- 8 slices bacon thick-cut

Equipment

- frying pan
- oven

Directions

- Dip bacon in syrup, allowing excess to drain; press on pecans.
- Place bacon on a lightly greased rack in a 15- x 10-inch jellyroll pan.
- Bake at 400 for 25 minutes; turn and bake 5 more minutes.

Nutrition Facts

PROTEIN 8.38% **FAT 78.41%** **CARBS 13.21%**

Properties

Glycemic Index:11.63, Glycemic Load:5.07, Inflammation Score:-2, Nutrition Score:12.864782551061%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 542.88kcal (27.14%), Fat: 48.2g (74.15%), Saturated Fat: 11.26g (70.36%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 15.65g (5.69%), Sugar: 13.14g (14.6%), Cholesterol: 47.52mg (15.84%), Sodium: 478.45mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Manganese: 1.7mg (84.85%), Vitamin B1: 0.39mg (26.12%), Selenium: 15.51µg (22.15%), Vitamin B2: 0.35mg (20.55%), Phosphorus: 179.16mg (17.92%), Copper: 0.36mg (17.86%), Vitamin B3: 3.23mg (16.15%), Zinc: 2.22mg (14.83%), Vitamin B6: 0.25mg (12.44%), Magnesium: 45.84mg (11.46%), Fiber: 2.62g (10.46%), Potassium: 299.57mg (8.56%), Vitamin B5: 0.63mg (6.35%), Vitamin B12: 0.36µg (6%), Iron: 1.01mg (5.59%), Vitamin E: 0.69mg (4.61%), Calcium: 44.61mg (4.46%), Vitamin D: 0.29µg (1.92%), Folate: 5.99µg (1.5%)