



Maple-Pecan Sundaes with Candied Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



390 kcal

Ingredients

- ☐ 4 slices bacon
- ☐ 2 cinnamon sticks
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons maple sugar divided
- ☐ 0.8 cup maple syrup pure (preferably Grade B)
- ☐ 0.5 cup pecans toasted
- ☐ 6 servings whipped cream

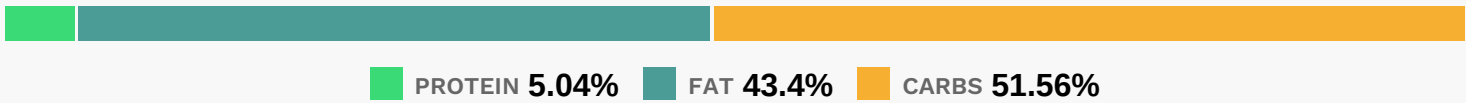
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 400°F. Line rimmed baking sheet with foil.
- ☐ Place rack in center of foil.
- ☐ Lay bacon slices on rack.
- ☐ Sprinkle 1 tablespoon maple sugar evenly over bacon.
- ☐ Bake until sugar is melted, about 8 minutes.
- ☐ Sprinkle remaining 1 tablespoon sugar over same side of bacon.
- ☐ Bake until bacon is deep brown and glazed, 12 to 14 minutes longer.
- ☐ Remove from oven.
- ☐ Preheat broiler. Broil bacon until sugar on top bubbles thickly, watching closely to prevent burning, 1 to 2 minutes. Cool bacon completely on rack.
- ☐ Cut into 1/4-inch dice.
- ☐ Combine maple syrup and cinnamon sticks in deep medium saucepan and bring to boil over medium-high heat. Reduce heat to medium and simmer until sauce is thickened and reduced to 1/2 to 2/3 cup, about 5 minutes.
- ☐ Remove cinnamon sticks.
- ☐ Mix lemon juice and ginger into sauce. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Stir pecans and bacon into maple sauce. Scoop ice cream into dessert dishes. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:21.99, Inflammation Score:-3, Nutrition Score:10.778260897035%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 389.7kcal (19.48%), Fat: 19.05g (29.31%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 49.06g (17.84%), Sugar: 43.97g (48.86%), Cholesterol: 38.72mg (12.91%), Sodium: 154.45mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Manganese: 1.73mg (86.3%), Vitamin B2: 0.69mg (40.8%), Calcium: 151.14mg (15.11%), Phosphorus: 114.37mg (11.44%), Zinc: 1.61mg (10.7%), Vitamin B1: 0.15mg (9.99%), Potassium: 305.88mg (8.74%), Magnesium: 31.22mg (7.81%), Fiber: 1.88g (7.52%), Copper: 0.13mg (6.48%), Selenium: 4.53µg (6.47%), Vitamin A: 291.5IU (5.83%), Vitamin B12: 0.33µg (5.51%), Vitamin B5: 0.55mg (5.46%), Vitamin B6: 0.09mg (4.56%), Vitamin B3: 0.82mg (4.08%), Iron: 0.55mg (3.06%), Vitamin E: 0.41mg (2.72%), Vitamin C: 1.5mg (1.82%), Folate: 5.68µg (1.42%), Vitamin D: 0.19µg (1.27%)