



## Nutty Brown Sugar Bacon

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices oscar mayer butcher hickory bacon smoked thick cut
- 0.3 cup brown sugar packed
- 4 tsp grey poupon dijon mustard
- 0.3 cup planters pecans chopped

### Equipment

- frying pan
- oven
- baking pan

aluminum foil

## Directions

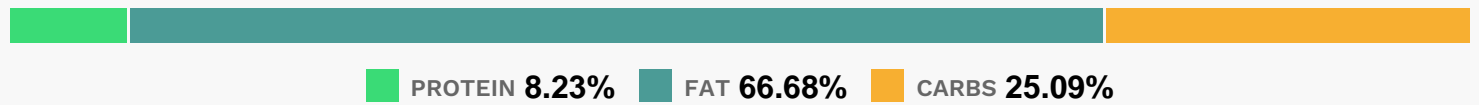
Heat oven to 400F.

Place bacon, separated into strips, on foil-lined rimmed baking pan.

Mix sugar and mustard; spread or brush on bacon. Top with nuts.

Bake 16 to 18 min. or until bacon is crisp. Cool 1 to 2 min. before removing from pan to serve.  
(Bacon will be very hot.)

## Nutrition Facts



## Properties

Glycemic Index:1.68, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.84565216432447%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 50.11kcal (2.51%), Fat: 3.77g (5.8%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 3.03g (1.1%), Sugar: 2.91g (3.23%), Cholesterol: 4.65mg (1.55%), Sodium: 56.23mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Manganese: 0.07mg (3.27%), Selenium: 1.77µg (2.53%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.31mg (1.53%), Phosphorus: 14.78mg (1.48%), Vitamin B6: 0.02mg (1.16%), Copper: 0.02mg (1.04%)