



Parmesan and Garlic Pepper Bacon

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- 0.5 lb bacon (8 slices)
- 0.3 cup parmesan shredded
- 2 teaspoons penzey's southwest seasoning

Equipment

- bowl
- baking sheet
- oven
- wire rack

aluminum foil

Directions

- Heat oven to 350°F. Line cookie sheet with foil.
- Place wire rack on foil.
- Arrange bacon in single layer on rack.
- Bake 20 minutes. Meanwhile, in small bowl, stir together Parmesan cheese and garlic-pepper seasoning.
- Turn bacon over; sprinkle with Parmesan mixture.
- Bake 10 to 15 minutes longer or until golden brown.
- Remove from rack. Cool completely, about 15 minutes.

Nutrition Facts

 **PROTEIN 14.4%**  **FAT 81.66%**  **CARBS 3.94%**

Properties

Glycemic Index:4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.2186956469617%

Nutrients (% of daily need)

Calories: 133.73kcal (6.69%), Fat: 12.11g (18.63%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.08g (0.08%), Cholesterol: 20.84mg (6.95%), Sodium: 238.04mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Selenium: 6.46µg (9.22%), Vitamin K: 7.71µg (7.35%), Phosphorus: 64.33mg (6.43%), Vitamin B3: 1.21mg (6.03%), Calcium: 58.1mg (5.81%), Vitamin B1: 0.08mg (5.44%), Vitamin B6: 0.09mg (4.56%), Iron: 0.6mg (3.31%), Manganese: 0.07mg (3.26%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.18µg (2.99%), Vitamin E: 0.35mg (2.36%), Vitamin B2: 0.04mg (2.34%), Potassium: 74.53mg (2.13%), Fiber: 0.52g (2.09%), Magnesium: 8.1mg (2.03%), Vitamin B5: 0.18mg (1.83%), Vitamin A: 55.86IU (1.12%), Copper: 0.02mg (1.04%)