



Pecan Sugared Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons pecans coarsely chopped
- ☐ 1.5 teaspoons pepper freshly ground
- ☐ 12 slices bacon thick-cut

Equipment

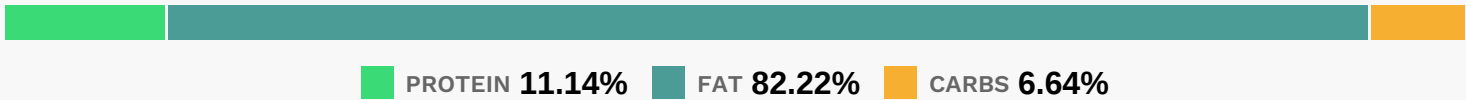
- ☐ food processor
- ☐ baking sheet
- ☐ oven

- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Process pecans in a food processor 20 seconds or until finely chopped. Stir together pecans, brown sugar, and pepper.
- ☐ Place half of bacon in a single layer on a lightly greased wire rack in an aluminum foil-lined baking sheet. Repeat procedure with remaining bacon, placing on another lightly greased wire rack in a second foil-lined baking sheet. Press pecan mixture on top of bacon slices, coating well.
- ☐ Bake at 400 for 22 to 25 minutes or until browned and crisp.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:5.5552173590531%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 339.73kcal (16.99%), Fat: 30.99g (47.68%), Saturated Fat: 9.79g (61.16%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.18g (1.88%), Sugar: 4.02g (4.46%), Cholesterol: 47.52mg (15.84%), Sodium: 477.86mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Selenium: 14.67µg (20.96%), Vitamin B1: 0.22mg (14.75%), Vitamin B3: 2.94mg (14.72%), Phosphorus: 113.86mg (11.39%), Manganese: 0.22mg (11.21%), Vitamin B6: 0.2mg (10.08%), Zinc: 1.01mg (6.72%), Vitamin B12: 0.36µg (6%), Potassium: 168.19mg (4.81%), Vitamin B5: 0.44mg (4.41%), Copper: 0.08mg (3.94%), Vitamin B2: 0.06mg (3.74%), Magnesium: 13.89mg (3.47%), Iron:

0.46mg (2.54%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.29µg (1.92%), Fiber: 0.45g (1.79%), Calcium: 11.47mg (1.15%)