

## Praline Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 0.5 lb bacon (8 slices)
- 0.3 cup brown sugar packed
- 0.3 cup pecans finely chopped

### Equipment

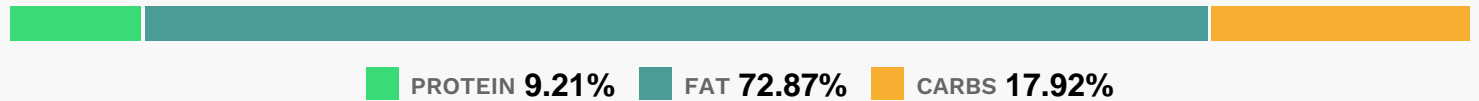
- bowl
- baking sheet
- oven
- wire rack

aluminum foil

## Directions

- Heat oven to 350F. 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 brown sugar and pecans.
- Turn bacon over; sprinkle with brown sugar mixture.
- Bake 10 to 15 minutes longer or until golden brown.
- Remove from rack. Cool completely, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.6486956213156%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg 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: 167.88kcal (8.39%), Fat: 13.7g (21.08%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.8g (7.56%), Cholesterol: 18.71mg (6.24%), Sodium: 189.6mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Selenium: 5.91µg (8.44%), Manganese: 0.16mg (8.04%), Vitamin B1: 0.1mg (6.72%), Vitamin B3: 1.19mg (5.94%), Phosphorus: 50.53mg (5.05%), Vitamin B6: 0.09mg (4.27%), Zinc: 0.49mg (3.27%), Copper: 0.06mg (2.8%), Vitamin B12: 0.14µg (2.36%), Potassium: 79.24mg (2.26%), Magnesium: 8.14mg (2.04%), Vitamin B5: 0.2mg (1.96%), Vitamin B2: 0.03mg (1.61%), Iron: 0.25mg (1.4%), Fiber: 0.33g (1.31%), Vitamin E: 0.17mg (1.13%)