



Prunes in Crispy Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon (strips)
- ☐ 8 prune- cut to pieces dried pitted soft
- ☐ 8 servings vegetable oil for greasing

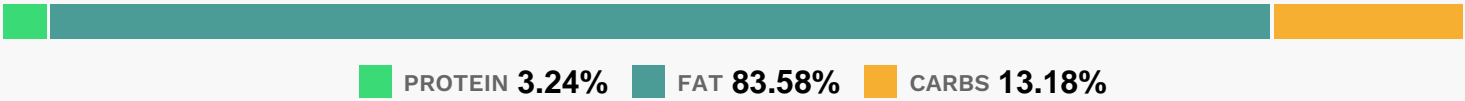
Equipment

- ☐ oven
- ☐ baking pan
- ☐ cutting board
- ☐ cocktail sticks

Directions

- ☐ Preheat the oven to 200°C (400°F/gas mark 6).
- ☐ Brush a baking tray with the oil.
- ☐ Cut each bacon rasher in half lengthways.
- ☐ Lay a strip of bacon on a chopping board,place a dried prune at the top edge and roll, wrapping it tightly around the prune.Pierce a cocktail stick through the centre of the wrapped prune to secure. Repeat withthe remaining bacon and prunes.
- ☐ Place the prunes on a the prepared baking tray and bake them for 10–15 minutes,turning over half way through cooking, until the bacon is slightly crispy on both sides.
- ☐ From Le Petit Paris by Nathalie Benezet. Photographs by Jacqui Melville. The moral rights of Nathalie Benezet to be identified as the author of this work have been asserted by her in accordance with the Copyright, Designs and Patents Act 198
- ☐ First published in 2013 by Hardie Grant Books.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:3.0482608760181%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 18.4g (28.31%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.81g (4.23%), Cholesterol: 7.26mg (2.42%), Sodium: 73.02mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin K: 31.7µg (30.19%), Vitamin E: 1.24mg (8.24%), Selenium: 2.24µg (3.2%), Vitamin B3: 0.63mg (3.15%), Fiber: 0.71g (2.84%), Potassium: 94.98mg (2.71%), Vitamin B6: 0.05mg (2.49%), Vitamin B1: 0.04mg (2.36%), Phosphorus: 22.74mg (2.27%), Vitamin A: 82.17IU (1.64%), Copper: 0.03mg (1.64%), Vitamin B2: 0.03mg (1.62%), Manganese: 0.03mg (1.56%), Magnesium: 5.42mg (1.36%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.1mg (1.03%)