



Sautéed Apples and Bacon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 slices bacon reduced-fat
- 2 pounds granny smith apples peeled sliced
- 2 tablespoons sugar

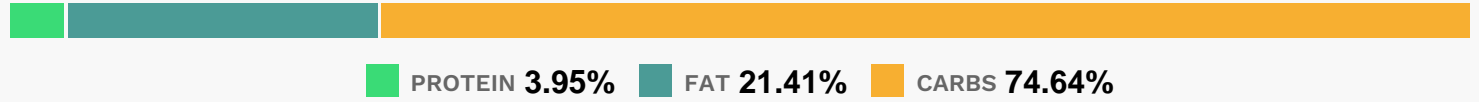
Equipment

- frying pan

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving drippings in pan. Crumble bacon and set aside.
- Add apples and sugar to drippings in pan. Saut 10 minutes or until the apples are golden. Stir in bacon.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:12.46, Inflammation Score:-3, Nutrition Score:4.2465217463348%

Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 186.9kcal (9.35%), Fat: 4.77g (7.34%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 31.97g (11.63%), Sugar: 29.57g (32.86%), Cholesterol: 7.26mg (2.42%), Sodium: 75.15mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Fiber: 5.44g (21.77%), Vitamin C: 10.43mg (12.65%), Potassium: 264.57mg (7.56%), Vitamin B6: 0.12mg (6.11%), Vitamin K: 4.99µg (4.75%), Vitamin B1: 0.07mg (4.59%), Phosphorus: 40.79mg (4.08%), Vitamin B2: 0.07mg (4.06%), Manganese: 0.08mg (4.04%), Copper: 0.07mg (3.31%), Vitamin B3: 0.65mg (3.24%), Selenium: 2.25µg (3.21%), Magnesium: 12.66mg (3.16%), Vitamin E: 0.46mg (3.04%), Vitamin A: 126.54IU (2.53%), Vitamin B5: 0.2mg (1.99%), Iron: 0.32mg (1.78%), Folate: 6.8µg (1.7%), Zinc: 0.22mg (1.47%), Calcium: 14.22mg (1.42%)