



Spiced Bacon Twists



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



455 kcal

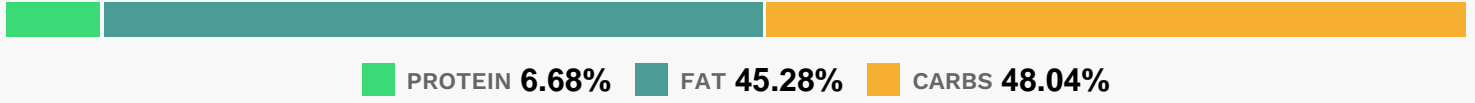
SIDE DISH

Ingredients

- 1 pound bacon sliced
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 cup brown sugar light packed
- 1 cup brown sugar light packed
- 2 tablespoons ground mustard dry

Equipment

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:5.1521739130435%

Nutrients (% of daily need)

Calories: 455.49kcal (22.77%), Fat: 23.2g (35.69%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 55.05g (20.02%), Sugar: 53.51g (59.46%), Cholesterol: 37.42mg (12.47%), Sodium: 391.03mg (17%), Protein: 7.7g (15.4%), Selenium: 15.71µg (22.44%), Vitamin B3: 2.43mg (12.16%), Vitamin B1: 0.17mg (11.42%), Phosphorus: 98.87mg (9.89%), Vitamin B6: 0.18mg (9.11%), Potassium: 200.56mg (5.73%), Manganese: 0.11mg (5.55%), Calcium: 54.72mg (5.47%), Zinc: 0.8mg (5.32%), Vitamin B12: 0.28µg (4.72%), Magnesium: 18.63mg (4.66%), Iron: 0.8mg (4.46%), Vitamin B5: 0.4mg (4.02%), Copper: 0.06mg (3.14%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.23µg (1.51%), Fiber: 0.32g (1.29%)