



## Spicy Cornmeal-Crusted Bacon

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

### Ingredients

- 0.3 cup cornmeal
- 0.3 cup brown sugar packed
- 1 teaspoon chili powder
- 1 teaspoon pepper
- 1 lb bacon

### Equipment

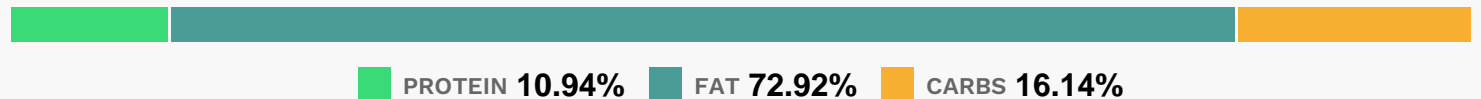
- bowl
- frying pan

- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 400°F.
- Place cooling rack on 15x10-inch pan or cookie sheet with sides.
- In shallow bowl, mix cornmeal, brown sugar, chili powder and pepper.
- Add bacon slices, one at a time, to cornmeal mixture and turn to coat both sides; shake off excess.
- Place slices in single layer on rack in pan.
- Bake about 25 minutes or until crisp and browned.

## Nutrition Facts



## Properties

Glycemic Index:12.56, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:4.4999999831552%

## Nutrients (% of daily need)

Calories: 282.97kcal (14.15%), Fat: 22.84g (35.14%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.76g (3.91%), Sugar: 6.77g (7.52%), Cholesterol: 37.42mg (12.47%), Sodium: 381.62mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Selenium: 11.84µg (16.91%), Vitamin B3: 2.44mg (12.21%), Vitamin B1: 0.17mg (11.49%), Vitamin B6: 0.19mg (9.45%), Phosphorus: 94.25mg (9.42%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.28µg (4.72%), Potassium: 145.6mg (4.16%), Manganese: 0.08mg (3.93%), Vitamin B5: 0.36mg (3.59%), Magnesium: 13.54mg (3.38%), Vitamin B2: 0.05mg (3.14%), Iron: 0.5mg (2.76%), Fiber: 0.62g (2.47%), Vitamin E: 0.36mg (2.4%), Copper: 0.04mg (2.24%), Vitamin A: 96.47IU (1.93%), Vitamin D: 0.23µg (1.51%), Calcium: 10.77mg (1.08%)