



Sweet and Salty Bacon and Nuts

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



175 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

Ingredients

- 5 ounces almonds raw
- 8 ounces applewood-smoked bacon (8 to 9 slices)
- 0.3 teaspoon cayenne pepper
- 1 large egg white
- 0.3 teaspoon kosher salt
- 0.3 cup sugar
- 4 ounces walnuts coarsely chopped

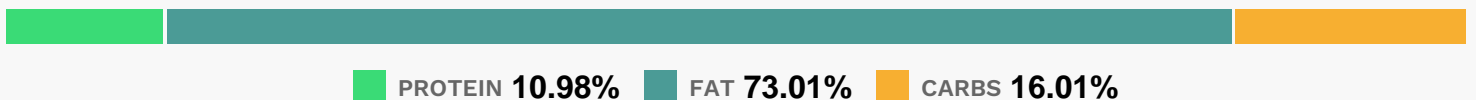
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- spatula
- slotted spoon

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F. Cook the bacon over medium heat in a large skillet until brown and crisp, 8 to 9 minutes.
- Remove the bacon using a slotted spoon and drain on paper towels.
- Pour 1/4 cup of the bacon fat on a heavy rimmed baking sheet and spread evenly.
- Beat the egg white and salt until just foamy using a whisk in a medium bowl. Gradually add the sugar and beat until just blended.
- Add the almonds, walnuts and cayenne pepper. Toss until the nuts are coated.
- Spread the nut mixture in a single layer on the baking sheet.
- Bake until the nuts are crisp and brown, about 35 minutes, turning and stirring the nut mixture with a metal spatula every 10 to 15 minutes. Cool for 2 hours.
- Transfer the nut mixture to a bowl; add the bacon pieces and toss to blend. This recipe can be prepared 1 day ahead and stored in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:6.18, Inflammation Score:-4, Nutrition Score:10.684782536133%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 347.94kcal (17.4%), Fat: 29.38g (45.2%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 11.32g (4.11%), Sugar: 9.49g (10.55%), Cholesterol: 18.71mg (6.24%), Sodium: 267.76mg (11.64%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.95g (19.89%), Manganese: 0.89mg (44.71%), Vitamin E: 4.78mg (31.84%), Copper: 0.42mg (21.08%), Magnesium: 74.19mg (18.55%), Phosphorus: 175.9mg (17.59%), Vitamin B2: 0.27mg (15.68%), Fiber: 3.18g (12.73%), Selenium: 8µg (11.43%), Vitamin B1: 0.16mg (10.88%), Vitamin B3: 1.95mg (9.75%), Vitamin B6: 0.18mg (8.88%), Zinc: 1.33mg (8.86%), Potassium: 256.68mg (7.33%), Iron: 1.2mg (6.66%), Calcium: 63.48mg (6.35%), Folate: 21.92µg (5.48%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.15µg (2.42%)