



Sweet and Spicy Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons brown sugar packed
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb bacon thick-cut (12 slices)

Equipment

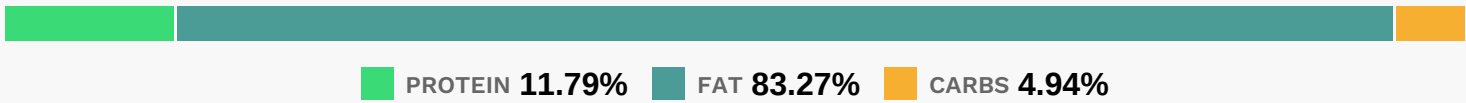
- ☐ bowl
- ☐ paper towels
- ☐ oven

☐ broiler pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Stir together brown sugar, cayenne, and black pepper in a small bowl.
- ☐ Arrange bacon slices in 1 layer on a large broiler pan and bake in middle of oven (or upper third of oven if baking with eggs) 20 minutes. Turn slices over and sprinkle evenly with spiced sugar. Continue baking until bacon is crisp and brown, 15 to 20 minutes more, then transfer to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.81521739835%

Nutrients (% of daily need)

Calories: 327.12kcal (16.36%), Fat: 30.02g (46.19%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.92g (3.24%), Cholesterol: 49.9mg (16.63%), Sodium: 501.35mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Selenium: 15.24µg (21.78%), Vitamin B3: 3.05mg (15.26%), Vitamin B1: 0.21mg (13.93%), Phosphorus: 109.36mg (10.94%), Vitamin B6: 0.2mg (10.23%), Vitamin B12: 0.38µg (6.3%), Zinc: 0.9mg (5.97%), Potassium: 156.46mg (4.47%), Vitamin B5: 0.42mg (4.25%), Vitamin B2: 0.06mg (3.66%), Magnesium: 9.61mg (2.4%), Vitamin E: 0.35mg (2.34%), Vitamin D: 0.3µg (2.02%), Iron: 0.35mg (1.92%), Copper: 0.03mg (1.73%), Vitamin A: 63.1IU (1.26%), Manganese: 0.02mg (1.13%)