



Triple Berry Bacon

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

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- 0.3 cup smucker's® orchard's northwest triple berry preserves
- 1 pound thick- hickory bacon smoked

Equipment

- oven
- baking pan
- aluminum foil
- pastry brush

Directions

- Cook bacon to desired doneness according to package directions.
- Heat oven to 350 degrees F. Line a baking pan with foil. Spray with no-stick cooking spray.
- Place cooked bacon on foil in a single layer. Using a pastry brush, brush bacon with preserves.
- Bake 3 to 5 minutes or until preserves are bubbly.

Nutrition Facts

PROTEIN 12.09% **FAT 85.37%** **CARBS 2.54%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8921739031439%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg Malvidin: 4.28mg, Malvidin: 4.28mg, Malvidin: 4.28mg, Malvidin: 4.28mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 319.64kcal (15.98%), Fat: 30.06g (46.25%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.73g (0.81%), Cholesterol: 49.9mg (16.63%), Sodium: 500.55mg (21.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.15%), Selenium: 15.2µg (21.72%), Vitamin B3: 3.09mg (15.43%), Vitamin B1: 0.21mg (14.09%), Phosphorus: 109.81mg (10.98%), Vitamin B6: 0.21mg (10.31%), Vitamin B12: 0.38µg (6.3%), Zinc: 0.9mg (5.99%), Potassium: 154.34mg (4.41%), Vitamin B5: 0.43mg (4.3%), Vitamin B2: 0.06mg (3.79%), Vitamin E: 0.37mg (2.44%), Magnesium: 9.5mg (2.38%), Vitamin D: 0.3µg (2.02%), Iron: 0.33mg (1.81%), Copper: 0.03mg (1.73%), Vitamin K: 1.41µg (1.34%), Manganese: 0.02mg (1.05%)