



Zippy Praline Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



223 kcal

SIDE DISH

Ingredients

- 1 pound bacon sliced
- 3 tablespoons brown sugar
- 1.5 teaspoons chili powder
- 0.3 cup pecans finely chopped

Equipment

- paper towels
- oven
- baking pan

aluminum foil

Directions

- Line two 15-in. x 10-in. x 1-in. baking pans with foil. Arrange bacon in a single layer in pans.
- Bake at 425° for 10 minutes; drain.
- Combine the brown sugar and chili powder; sprinkle over bacon.
- Sprinkle with pecans.
- Bake 5–10 minutes longer or until bacon is crisp.
- Drain on paper towels.

Nutrition Facts

 **PROTEIN 10.81%** **FAT 80.86%** **CARBS 8.33%**

Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.7252174061926%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 222.5kcal (11.13%), Fat: 20.01g (30.78%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.62g (4.02%), Cholesterol: 29.94mg (9.98%), Sodium: 306.21mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Selenium: 9.33µg (13.32%), Vitamin B1: 0.14mg (9.6%), Vitamin B3: 1.89mg (9.47%), Phosphorus: 73.91mg (7.39%), Manganese: 0.14mg (6.75%), Vitamin B6: 0.13mg (6.71%), Zinc: 0.67mg (4.48%), Vitamin B12: 0.23µg (3.78%), Potassium: 111.62mg (3.19%), Vitamin B5: 0.28mg (2.83%), Copper: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.54%), Magnesium: 9.51mg (2.38%), Vitamin E: 0.35mg (2.32%), Vitamin A: 107.26IU (2.15%), Iron: 0.33mg (1.85%), Fiber: 0.37g (1.46%), Vitamin D: 0.18µg (1.21%)