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Thick Cut Bacon Recipe

This recipe is a delicious way to enjoy thick cut bacon. It can be enjoyed for breakfast, brunch, or as a snack. The bacon is cooked until crispy and can be served on its own or used as a topping for various dishes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	thick cut bacon
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the bacon slices on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Sprinkle salt and black pepper over the bacon slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Oven

Bake in the preheated oven for 15-20 minutes, or until the bacon is crispy and golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Remove from the oven and let the bacon cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 42 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	3 g	17.65%	17.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	190 mg	8.26%	8.26%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Meal Type

Snack

Breakfast

Lunch

Course

Drinks

Sauces & Dressings

Cooking Method

Baking

Cut

Mixing

Plating

Serving

Cooking

None

Stir-frying

Preheating

Sprinkling

Heating

Refrigerating

Cooling

Healthy For

Gastroesophageal reflux disease (GERD)

Difficulty Level

Easy

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