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Candied Bacon ♦

Candied bacon is a delicious and indulgent treat that combines the smoky and savory flavor of bacon with a sweet and sticky caramelized coating. It can be enjoyed as a standalone snack or used as a topping for salads, sandwiches, and desserts. The recipe originated in the United States and has gained popularity for its irresistible combination of flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	bacon
100 g	brown sugar
60 g	maple syrup
2 g	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Line a baking sheet with aluminum foil and place a wire rack on top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together the brown sugar and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Plating

Place the bacon slices on the wire rack, making sure they don't overlap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Brushing

Brush the bacon slices with maple syrup, then sprinkle the brown sugar and black pepper mixture evenly over the top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 15-20 minutes, or until the bacon is crispy and the sugar has caramelized.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 533 kcal

Fat: 37 g

Protein: 23 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	23 g	135.29%	135.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	24 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	37 g	132.14%	148%
Cholesterol	60 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%
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	1250 mg	54.35%	54.35%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Game Day

Course

Desserts

Salads

Snacks

Sauces & Dressings

Cost

Over \$50

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Paleo Diet

Ketogenic Diet

Zone Diet

Nutrisystem Diet

Nordic Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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