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## Side of Bacon ♦♦

A delicious side dish made with crispy bacon strips.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 2

**Serving Size:** 50 g

### Ingredients

200 g bacon

### Directions

#### Step 1

Oven

Preheat the oven to 400°F.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 2

Baking

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

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 3

Baking

Bake the bacon in the preheated oven for 10 minutes or until crispy.

**Prep Time:** 0 mins

**Cook Time:** 10 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)
Protein	3 g	17.65%	17.65%

### 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	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	3 g	10.71%	12%
Cholesterol	8 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	135 mg	5.87%	5.87%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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