

# Burger Toppings - Candied Bacon

*dashrecipes.com*  
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*1 1/2 to 16 ounce package bacon*  
*1 tablespoon balsamic vinegar*  
*3 tablespoons brown sugar*  
*4 tablespoons maple syrup*

Preheat the oven to 350 degrees.

Arrange the bacon on a parchment-lined baking sheet.

Bake for 20 minutes, turning once.

Meanwhile, in a bowl, whisk the vinegar, brown sugar and maple syrup. Brush on the bacon.

Bake for 15 more minutes or until crisp and caramelized.

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Per Serving (excluding unknown items): 347 Calories; 3g Fat (8.2% calories from fat); 2g Protein; 80g Carbohydrate; 0g Dietary Fiber; 5mg Cholesterol; 119mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 5 1/2 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	347	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	8.2%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	89.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	2.1%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	5mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	80g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0

**Protein (g):** 2g  
**Sodium (mg):** 119mg  
**Potassium (mg):** 302mg  
**Calcium (mg):** 106mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 5 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 347 Calories from Fat: 28

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### % Daily Values\*

<b>Total Fat</b>	3g		5%
Saturated Fat	1g		6%
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	119mg		5%
<b>Total Carbohydrates</b>	80g		27%
Dietary Fiber	0g		0%
<b>Protein</b>	2g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			4%
<b>Calcium</b>			11%
<b>Iron</b>			9%

\* Percent Daily Values are based on a 2000 calorie diet.