

# Bourbon Bacon Jam

50 Burger Toppings  
Food Network Magazine

6 ounces bacon, chopped  
1 small red onion, chopped  
2 cloves garlic, chopped  
1/3 cup cider vinegar  
2 tablespoons brown sugar  
2 tablespoons bourbon  
2 tablespoons water  
pepper (to taste)

In a large skillet over medium heat, saute' the bacon, stirring occasionally, until crisp, 15 minutes.

Add the red onion and garlic. Saute' until tender, 5 minutes.

Add the vinegar, brown sugar, bourbon and water. Simmer until the liquid is almost evaporated, 15 minutes.

Season with pepper.

*Good as a hamburger topping.*

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Per Serving (excluding unknown items): 1198 Calories; 84g Fat (67.0% calories from fat); 54g Protein; 39g Carbohydrate; 3g Dietary Fiber; 145mg Cholesterol; 2729mg Sodium. Exchanges: 7 Lean Meat; 3 Vegetable; 12 Fat; 1 1/2 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	1198
% Calories from Fat:	67.0%
% Calories from Carbohydrates:	13.8%
% Calories from Protein:	19.1%
Total Fat (g):	84g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	40g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	145mg
Carbohydrate (g):	39g
Dietary Fiber (g):	3g
	54g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	39mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	69
% Daily Value*	0 0%

### Food Exchanges

Grain (Starch):	0
	7
	1

**Protein (g):**  
**Sodium (mg):** 2729mg  
**Potassium (mg):** 1244mg  
**Calcium (mg):** 84mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 69mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Lean Meat:**  
**Vegetable:** 3  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 12  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1198	<b>Calories from Fat:</b> 803
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### % Daily Values\*

<b>Total Fat</b>	84g	129%
Saturated Fat	30g	148%
<b>Cholesterol</b>	145mg	48%
<b>Sodium</b>	2729mg	114%
<b>Total Carbohydrates</b>	39g	13%
Dietary Fiber	3g	12%
<b>Protein</b>	54g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		115%
<b>Calcium</b>		8%
<b>Iron</b>		22%

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