

# Chocolate Dipped Candied Bacon

Hands-on 10 minutes Overall 1 hour 30 minutes



**Nutritional values (per slice):** Total carbs: 1.6 g, Fiber: 0.4 g, **Net carbs: 1.1 g**, Protein: 3 g,  
Fat: 4.1 g, Calories: 54 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 16 slices)

2 tbsp brown sugar substitute (20 g/ 0.7 oz) - I used [Sukrin Gold](#)  
but you can use other sweetener such as [Erythritol](#)

1/2 tsp [cinnamon](#)

16 thin bacon slices (240 g/ 8.5 oz)

3 oz [85% dark chocolate](#) (85 g)

1/2 oz [cacao butter](#) or 1 tbsp [coconut oil](#) (14 g)

1 tsp sugar-free [maple extract](#)

*In this recipe, I used [dark chocolate](#) because it's low in sugar. If you prefer to use [unsweetened chocolate](#), remember to add extra sweetener.*

## Instructions

1. Mix the brown sugar substitute (I used Sukrin Gold) and cinnamon.
2. Line a baking sheet with parchment paper or baking mat. Lay the bacon strips next to each other. Sprinkle with half of the sweetener & cinnamon mix. If you cannot fit the bacon into one tray, use two like I did. Flip the bacon strips on the other side and sprinkle with the remaining mix. Place in the oven preheated to 135 °C/ 275 °F and bake for 60-75 minutes or until crisp and caramelised.
3. Meanwhile, melt the dark chocolate and cocoa butter.
4. Once melted, add the maple extract. Set aside to cool down to room temperature.
5. Remove the candied bacon from the oven and let it cool down completely before dipping in the chocolate. Dip half of each candied bacon strip in the chocolate or use a spoon to do it. Place on a tray lined with parchment paper and let the chocolate solidify at room temperature or in the fridge. Enjoy!

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