

Bacon Jam and Egg Avocado Toast

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/caramelized-onion-and-bacon-jam-recipe-southern-living>

Ingredients:

- 4 slices crusty bread toasted
- 4 eggs poached
- 2 avocados
- bacon jam recipe below
- kosher salt
- freshly ground black pepper
- 16 ounces bacon
- 1 sweet onion thinly sliced
- 1 red onion thinly sliced
- 3 cloves garlic minced
- 1/2 cup light brown sugar packed
- 1 cup apple cider or apple juice
- 1/4 cup apple cider vinegar
- kosher salt

Nutrition:

1. Calories: 1210 calories
2. Carbohydrate: 110 grams
3. Cholesterol: 290 milligrams
4. Fat: 73 grams
5. Fiber: 11 grams
6. Protein: 35 grams
7. SaturatedFat: 21 grams
8. Sodium: 2070 milligrams
9. Sugar: 44 grams

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