

Polish Bacon Spread {Smalec}

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-bacon-recipe>

Ingredients:

- 2 pounds pork fat
- 1/2 pound bacon preferably unsmoked
- 4 onions medium, about 2 cups chopped
- 2 tart apples
- 10 garlic cloves
- 1/2 teaspoon freshly ground pepper
- 1 teaspoon salt
- 1 tablespoon marjoram
- 1/4 teaspoon caraway seed

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 40 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 9 grams
8. Sodium: 1070 milligrams
9. Sugar: 14 grams

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