

Bacon Wrapped Roasted Pumpkin

382 cal - 4.5g net carbs per serving

(3823 cal - 45.8g net carbs in total recipe)

Servings: 10

Low Carbe Diem

[go HOME](#)



1 lb pumpkin (sub butternut squash), peeled and cut into slices

4 cloves garlic, roughly chopped

1 tbsp olive oil

10 slices bacon, any variety

1 tsp chili powder

1 tsp garlic powder

1 tsp paprika

ground black pepper, to taste

DIRECTIONS

Preheat oven to 350 F.

Place the pumpkin, garlic cloves and olive oil in a bowl. Sprinkle with chili powder, garlic powder, paprika and pepper.

Wrap bacon slices around each slice of pumpkin. Go heavy on the bacon; light on the pumpkin.

Place onto a greased or parchment paper-lined baking sheet.

Bake at 350 F, 15 to 20 minutes. Flip the pumpkin slices over, and bake another 15 to 20 minutes.

Broil 2 to 3 minutes for crisp bacon.

Total Recipe: 3823 Calories; 338g Fat (79.5% calories from fat); 170g Protein; 77.6g Carbohydrate; 31.8g Fiber.

Per Serving: 382 Calories; 33.8g Fat (79.5% calories from fat); 17g Protein; 7.7g Carbohydrate; 3.1g Fiber.