

Bacon Day Bacon Grease

110 FI Oz (660 Tsp / .86 Gallons) of bacon grease was produced from Bacon Day 2009!

What can you do with this bacon grease besides have a heart attack? Read below for a few uses for leftover bacon grease.

- 1. Frying up breakfast scrambled eggs & potatoes.
- 2. Greasing baking pans and cupcake tins.
- 3. Use as oil for stove-popping popcorn
- 4. Frying steaks.
- 5. Making delicious grease popsicles.
- 6. Making Bacon Vodka and Bacon Bourbon (be sure to try our Bacon Vodka today!)
- 7. Make soap. (It's true!)
- 8. Dare a friend to take a shot of it.
- 9. Mix with a little dryer lint and place in an egg carton to make a firestarter.
- 10. Use as hair gel no need for cologne!
- 11. Salad dressing heat some bacon grease and stir in vinegar and sugar. Serve this dressing hot and on the side.

Nutriti Serving Size 4 g	on Facts
Amount Per Serving	
Calories 38	Calories from Fat 38
	% Daily Value*
Total Fat 4g	7%
Saturated Fat 2	g 8%
Trans Fat	
Cholesterol 4mg	1%
Sodium 6mg	0%
Total Carbohydrate 0g 0%	
Dietary Fiber 0	0%
Sugars 0g	
Protein 0g	
Vitamin A 0	% • Vitamin C 0%
Calcium 0	% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

From Wikipedia:

Bacon fat liquefies and becomes bacon drippings when it is heated. Once cool, it firms into lard if from uncured meat, or rendered bacon fat if from cured meat. Bacon fat is flavorful and is used for various cooking purposes. Traditionally, bacon grease is saved in British and southern U.S. cuisine, and used as a base for cooking and as an all-purpose flavoring, for everything from gravy to cornbread to salad dressing.

Bacon, or bacon fat, is often used for barding and larding roast fowl and game birds, especially those that have little fat themselves. The bacon itself may afterwards be discarded or served to eat, like cracklings.

One teaspoon (4 grams (0.14 oz)) of bacon grease has 38 kilocalories (160 kJ). It is composed almost completely of fat, with very little additional nutritional value. Bacon fat is roughly 40% saturated. Despite the health consequences of excessive bacon grease consumption, it remains popular in the cuisine of the American South.