

Chicory with cubes of bacon

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Energycontent – ratio 3,8:1

Proteins	4,9 g
Fats	29,3 g
Carbohydrates	2,9 g
Kcal	294,9

Ingredients

Ratio	3:1	3,5:1	3,8:1	4:1
Chicory	70 g	63 g	60 g	50 g
Cream 40%	30 g	30 g	30 g	35 g
Cubes of bacon	35 g	25 g	20 g	20 g
Soybean margarine	20 g	20 g	20 g	20 g

Preparation

- Stuff the chicory until soft and mix it with the cream
- Melt the margarine in a frying pan and bake the cubes of bacon
- Decorate the chicory and cream on a dish and put the cubes of bacon on it