

# Bacon Chestnuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound bacon thick cut
- 8 ounce water chestnuts canned

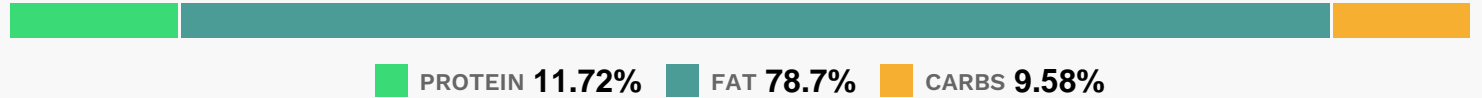
## Equipment

- oven
- toothpicks
- skewers
- toaster

## Directions

- Slice bacon in half; wrap one piece bacon around one chestnut. Skewer with toothpick to hold in place.
- Broil in toaster or conventional oven, turning frequently, until the bacon is evenly cooked.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5195652252144%

## Nutrients (% of daily need)

Calories: 86.18kcal (4.31%), Fat: 7.51g (11.55%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.36g (0.4%), Cholesterol: 12.47mg (4.16%), Sodium: 126.25mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Selenium: 3.9µg (5.58%), Vitamin B3: 0.81mg (4.07%), Vitamin B6: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.58%), Phosphorus: 30.05mg (3.01%), Zinc: 0.28mg (1.86%), Vitamin B12: 0.09µg (1.57%), Potassium: 54.81mg (1.57%), Fiber: 0.37g (1.47%), Vitamin B5: 0.13mg (1.26%), Iron: 0.21mg (1.14%), Copper: 0.02mg (1.13%), Vitamin B2: 0.02mg (1.11%), Vitamin E: 0.16mg (1.03%)