



Bacon Water Chestnut Rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



24

CALORIES



83 kcal

Ingredients

- ☐ 0.5 pound bacon sliced cut in half
- ☐ 8 ounce water chestnuts halved canned
- ☐ 0.3 cup tomato-based chili sauce
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup mayonnaise

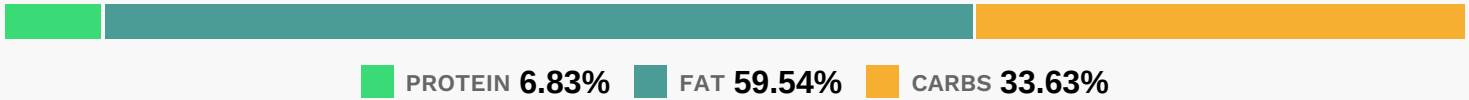
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Wrap each water chestnut with a piece of bacon.
- ☐ Place the rolls seam-side down in a baking dish.
- ☐ Bake in the preheated oven for 30 minutes, or until bacon is crisp and cooked through.
- ☐ Drain off the grease. In a small bowl, stir together the mayonnaise, brown sugar and chili sauce; pour over the bacon-chestnut rolls. Return to the oven and bake for another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.34999999940395%

Nutrients (% of daily need)

Calories: 82.68kcal (4.13%), Fat: 5.51g (8.48%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.57g (2.39%), Sugar: 5.2g (5.78%), Cholesterol: 7.22mg (2.41%), Sodium: 117.9mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 3.98µg (3.79%), Selenium: 2.14µg (3.06%), Vitamin B6: 0.06mg (2.76%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.03mg (2.03%), Phosphorus: 18.59mg (1.86%), Fiber: 0.44g (1.75%), Vitamin E: 0.25mg (1.64%), Potassium: 53.18mg (1.52%), Iron: 0.23mg (1.26%), Copper: 0.03mg (1.25%), Zinc: 0.18mg (1.18%)