

Bacon Water Chestnut Wraps

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



50 min.

SERVINGS



10

CALORIES



349 kcal

SIDE DISH

Ingredients

- 1 pound bacon
- 0.5 cup brown sugar packed
- 0.3 cup chili sauce
- 0.5 cup mayonnaise
- 16 ounces water chestnuts whole drained canned

Equipment

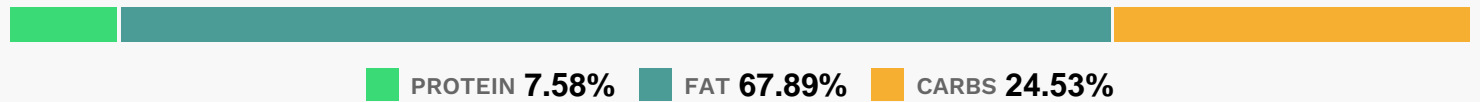
- bowl
- frying pan

- oven
- baking pan
- toothpicks

Directions

- Cut bacon strips in half. In a large skillet over medium heat, cook bacon until almost crisp; drain. Wrap each bacon piece around a water chestnut and secure with a toothpick.
- Place in an ungreased 13-in. x 9-in. baking dish.
- In a small bowl, combine the brown sugar, mayonnaise and chili sauce; pour over water chestnuts.
- Bake, uncovered, at 350° for 30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:5.9691304434901%

Nutrients (% of daily need)

Calories: 348.77kcal (17.44%), Fat: 26.44g (40.68%), Saturated Fat: 7.36g (45.97%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.56g (7.11%), Sugar: 13.38g (14.87%), Cholesterol: 34.64mg (11.55%), Sodium: 471.38mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin K: 18.75µg (17.85%), Selenium: 10.08µg (14.4%), Vitamin B6: 0.25mg (12.47%), Vitamin B3: 2.2mg (11%), Vitamin B1: 0.14mg (9.34%), Phosphorus: 85.27mg (8.53%), Fiber: 1.93g (7.73%), Vitamin E: 1.05mg (6.98%), Potassium: 215.39mg (6.15%), Zinc: 0.83mg (5.56%), Iron: 0.96mg (5.33%), Copper: 0.11mg (5.3%), Manganese: 0.09mg (4.29%), Vitamin B12: 0.24µg (4%), Vitamin B5: 0.39mg (3.86%), Vitamin B2: 0.06mg (3.58%), Magnesium: 10.99mg (2.75%), Vitamin C: 2mg (2.42%), Calcium: 16.38mg (1.64%), Vitamin A: 70.47IU (1.41%), Vitamin D: 0.2µg (1.36%), Folate: 5.37µg (1.34%)