



Bacon-Wrapped Hot Dog Bites

 Gluten Free  Dairy Free  Popular

READY IN



39 min.

SERVINGS



18

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 slices oscar mayer bacon cut in half
- 0.3 cup brown sugar packed
- 0.3 tsp ground pepper red (cayenne)
- 6 oscar mayer wieners cut into thirds

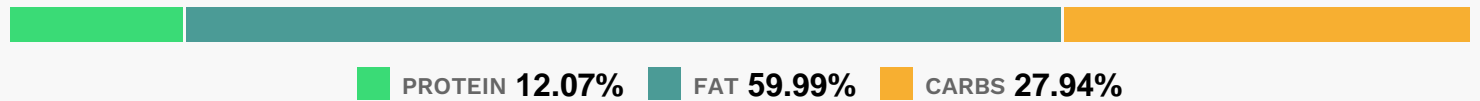
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Wrap 1 bacon piece around each wiener piece; roll in combined sugar and pepper to evenly coat.
- Place, seam-sides down, in foil-lined rimmed baking sheet.
- Bake 22 to 24 min. or until bacon is crisp and golden brown, turning after 12 min.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.8782608649167%

Nutrients (% of daily need)

Calories: 98.48kcal (4.92%), Fat: 6.6g (10.15%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.95g (4.39%), Cholesterol: 14.01mg (4.67%), Sodium: 176.57mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Selenium: 6.24µg (8.91%), Vitamin B3: 1.01mg (5.04%), Vitamin B1: 0.07mg (4.43%), Phosphorus: 30.93mg (3.09%), Vitamin B2: 0.05mg (3.01%), Zinc: 0.43mg (2.9%), Iron: 0.43mg (2.39%), Vitamin B12: 0.13µg (2.22%), Vitamin B6: 0.04mg (1.95%), Folate: 7.42µg (1.85%), Vitamin B5: 0.14mg (1.44%), Potassium: 49.6mg (1.42%)