



Bacon Wrapped Pretzels

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce bacon thinly sliced
- ☐ 1 cup brown sugar to taste
- ☐ 1 pinch cayenne pepper to taste
- ☐ 15 ounce short pretzel rods
- ☐ 3 tablespoons chili powder red

Equipment

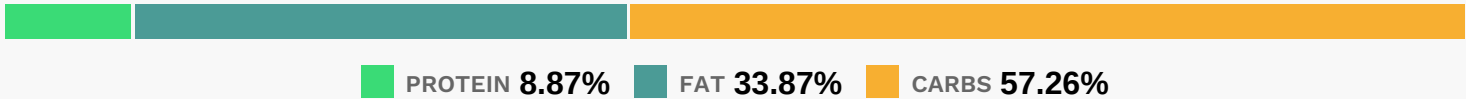
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil and top with a wire rack.
- ☐ Mix brown sugar, chili powder, and cayenne pepper together in a bowl. Dredge both sides of each bacon slice in the brown sugar mixture. Wrap a coated bacon slice around each pretzel rod, leaving a small space at the bottom of pretzel uncovered for easy handling. Arrange wrapped pretzels on the wire rack atop the baking sheet.
- ☐ Bake in the preheated oven until bacon is crisp, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:13.59, Inflammation Score:-4, Nutrition Score:4.6308695855348%

Nutrients (% of daily need)

Calories: 197.78kcal (9.89%), Fat: 7.55g (11.61%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.56g (10.02%), Sugar: 11.23g (12.47%), Cholesterol: 11.23mg (3.74%), Sodium: 399.02mg (17.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Manganese: 0.23mg (11.39%), Vitamin B3: 1.96mg (9.78%), Folate: 38.94µg (9.73%), Vitamin B1: 0.14mg (9.34%), Iron: 1.33mg (7.39%), Vitamin A: 364.17IU (7.28%), Selenium: 4.73µg (6.76%), Vitamin B2: 0.1mg (5.63%), Phosphorus: 55.76mg (5.58%), Fiber: 1.14g (4.57%), Vitamin B6: 0.09mg (4.54%), Vitamin E: 0.63mg (4.21%), Potassium: 119.22mg (3.41%), Zinc: 0.48mg (3.18%), Copper: 0.06mg (2.88%), Magnesium: 10.99mg (2.75%), Calcium: 19.69mg (1.97%), Vitamin B5: 0.19mg (1.91%), Vitamin K: 1.87µg (1.78%), Vitamin B12: 0.09µg (1.42%)