



Bacon Wrapped Smokies

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

READY IN



90 min.

SERVINGS



16

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon sliced cut into thirds
- 14 ounce beef
- 0.8 cup brown sugar to taste

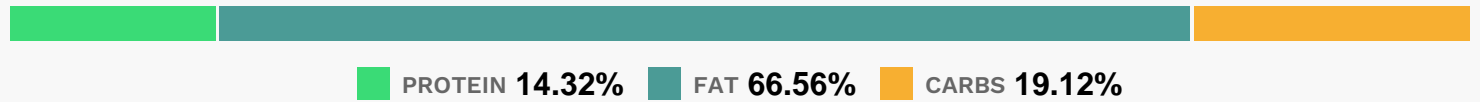
Equipment

- baking sheet
- oven
- toothpicks
- slow cooker

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Refrigerate 2/3 of the bacon until needed. It is easier to wrap the wieners with cold bacon. Wrap each cocktail wiener with a piece of bacon and secure with a toothpick.
- Place on a large baking sheet.
- Sprinkle brown sugar generously over all.
- Bake for 40 minutes in the preheated oven, until the sugar is bubbly. To serve, place the wieners in a slow cooker and keep on the low setting.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.9282608673624%

Nutrients (% of daily need)

Calories: 220.41kcal (11.02%), Fat: 16.21g (24.94%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 10.48g (3.81%), Sugar: 10g (11.11%), Cholesterol: 36.32mg (12.11%), Sodium: 207.18mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Selenium: 9.54µg (13.63%), Vitamin B12: 0.67µg (11.21%), Vitamin B3: 2.2mg (11%), Zinc: 1.37mg (9.16%), Phosphorus: 80.43mg (8.04%), Vitamin B6: 0.16mg (7.99%), Vitamin B1: 0.09mg (5.93%), Potassium: 136.82mg (3.91%), Iron: 0.67mg (3.73%), Vitamin B2: 0.06mg (3.51%), Vitamin B5: 0.3mg (2.95%), Magnesium: 8.55mg (2.14%), Copper: 0.03mg (1.59%), Vitamin E: 0.22mg (1.49%), Calcium: 14.44mg (1.44%)