



Bacon-Wrapped Water Chestnuts

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



20

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 slices bacon halved
- ☐ 8 oz water chestnuts sliced canned
- ☐ 12 ounces pineapple chunks fresh cut into 1-inch pieces
- ☐ 0.3 cup teriyaki sauce

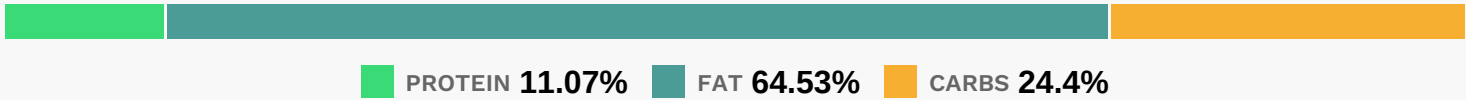
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Place 1 water chestnut slice on top of 1 pineapple chunk; wrap with 1 bacon piece. Repeat procedure with remaining water chestnuts, pineapple, and bacon.
- ☐ Place, seam sides down, in a lightly greased broiler pan.
- ☐ Bake at 400 for 20 to 25 minutes; baste both sides with teriyaki sauce. Turn and bake 20 more minutes or until bacon is crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.9395652309708%

Nutrients (% of daily need)

Calories: 91.06kcal (4.55%), Fat: 6.58g (10.12%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.37g (3.74%), Cholesterol: 10.89mg (3.63%), Sodium: 248.64mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Selenium: 3.55µg (5.07%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.07mg (4.39%), Vitamin B3: 0.82mg (4.11%), Phosphorus: 33.9mg (3.39%), Fiber: 0.67g (2.67%), Potassium: 82.73mg (2.36%), Copper: 0.05mg (2.32%), Vitamin C: 1.83mg (2.21%), Magnesium: 7.63mg (1.91%), Zinc: 0.28mg (1.88%), Iron: 0.33mg (1.84%), Vitamin B2: 0.02mg (1.4%), Vitamin B12: 0.08µg (1.38%), Vitamin B5: 0.12mg (1.24%), Vitamin E: 0.16mg (1.09%)