

Bacon Wrapped Water Chestnuts I

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

READY IN



165 min.

SERVINGS



24

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon
- 16 ounce water chestnuts canned
- 2 cups teriyaki sauce

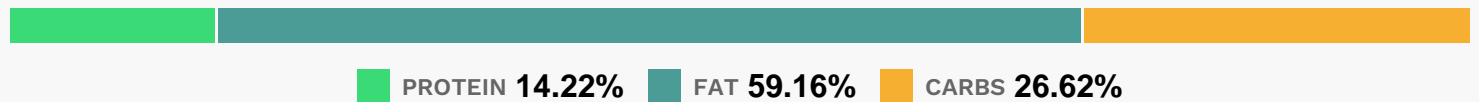
Equipment

- bowl
- baking sheet
- oven
- toothpicks

Directions

- Drain chestnuts and place them in a bowl. Cover chestnuts with teriyaki sauce and marinate in the refrigerator for 2 hours or more.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove water chestnuts from refrigerator and drain well.
- Cut bacon strips in half so that strips are about 3 inches long. Wrap each chestnut with bacon and secure bacon closed with a toothpick. Arrange all wrapped chestnuts on a baking sheet.
- Place in oven until bacon is crispy.
- Remove from oven and enjoy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.689565219471%

Nutrients (% of daily need)

Calories: 114.91kcal (5.75%), Fat: 7.52g (11.57%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.85g (2.49%), Sugar: 4.11g (4.57%), Cholesterol: 12.47mg (4.16%), Sodium: 1046.58mg (45.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Phosphorus: 69.85mg (6.98%), Selenium: 4.27µg (6.1%), Vitamin B6: 0.12mg (6.06%), Vitamin B3: 1.17mg (5.86%), Magnesium: 18.42mg (4.6%), Vitamin B1: 0.06mg (4.17%), Iron: 0.74mg (4.13%), Potassium: 126.2mg (3.61%), Copper: 0.06mg (3.07%), Fiber: 0.76g (3.04%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.19mg (1.95%), Manganese: 0.03mg (1.63%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.23mg (1.52%)