



Bacon Wrapped Water Chestnuts II

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



65 min.

SERVINGS



18

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces bacon sliced
- ☐ 1 cup brown sugar
- ☐ 16 ounce water chestnuts drained canned
- ☐ 1 cup catsup
- ☐ 1 teaspoon worcestershire sauce

Equipment

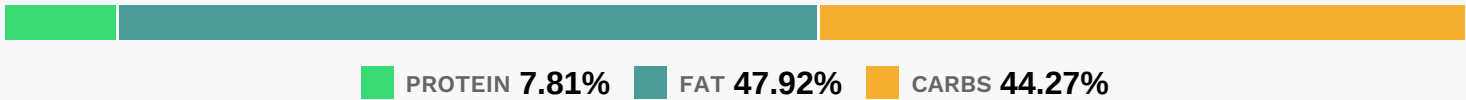
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a saucepan, combine ketchup, brown sugar and Worcestershire sauce; heat just to boiling.
- ☐ Pour sauce over bacon and water chestnuts.
- ☐ Cut bacon slices into thirds.
- ☐ Cut some of the bigger water chestnuts in half. Wrap chestnuts in bacon and secure with toothpicks; place in a 9x13 pan.
- ☐ Bake in preheated oven until bacon is completely cooked, about 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.1765217638534%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 184.91kcal (9.25%), Fat: 10.04g (15.44%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 19.85g (7.22%), Sugar: 15.7g (17.44%), Cholesterol: 16.63mg (5.54%), Sodium: 298.53mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Selenium: 5.58µg (7.98%), Vitamin B6: 0.16mg (7.78%), Vitamin B3: 1.36mg (6.81%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 48mg (4.8%), Potassium: 152.65mg (4.36%), Fiber: 1.02g (4.09%), Copper: 0.07mg (3.38%), Vitamin E: 0.5mg (3.33%), Iron: 0.6mg (3.32%), Manganese: 0.06mg (3.22%), Zinc: 0.47mg (3.15%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.22mg (2.18%), Vitamin B12: 0.13µg (2.1%), Magnesium: 7.92mg (1.98%), Vitamin A: 77.99IU (1.56%), Calcium: 15.27mg (1.53%), Vitamin C: 1.09mg (1.33%)