



WHATSheATE

Bacon Wrapped Water Chestnuts III



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



75 min.

SERVINGS



10

CALORIES



359 kcal

SIDE DISH

Ingredients



1 pound bacon



1 cup brown sugar packed



16 ounce water chestnuts canned



2 cups catsup



2 tablespoons worcestershire sauce

Equipment



frying pan



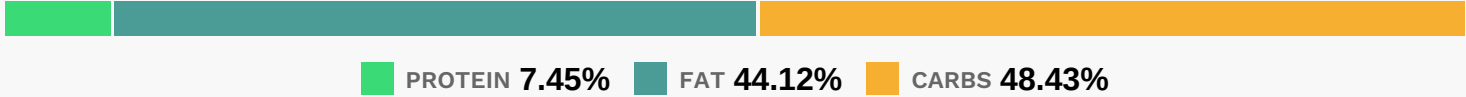
oven

- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium-size mixing bowl, combine brown sugar, Worcestershire sauce, and ketchup.
- ☐ Cut bacon in half. Wrap one slice of bacon around each chestnut. Secure the bacon with a toothpick. Arrange the water chestnut wraps in a 9x13 inch baking dish.
- ☐ Bake the water chestnut wraps for 10 to 15 minutes.
- ☐ Remove from water chestnut wraps from the oven and drain some of the grease out of the pan.
- ☐ Pour the sauce over the wraps.
- ☐ Bake for 30 to 35 more minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.7604347726573%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 359.23kcal (17.96%), Fat: 18.09g (27.83%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 42.76g (15.55%), Sugar: 33.65g (37.38%), Cholesterol: 29.94mg (9.98%), Sodium: 791.44mg (34.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.75%), Vitamin B6: 0.32mg (15.9%), Selenium: 10.23µg (14.62%), Vitamin B3: 2.81mg (14.07%), Potassium: 364.61mg (10.42%), Phosphorus: 94.33mg (9.43%), Vitamin B1: 0.14mg (9.37%), Vitamin E: 1.25mg (8.35%), Vitamin B2: 0.14mg (8.12%), Fiber: 1.91g (7.65%), Copper: 0.15mg (7.39%), Iron: 1.31mg (7.26%), Manganese: 0.14mg (6.98%), Zinc: 0.9mg (5.98%), Vitamin A: 265.71IU (5.31%), Magnesium: 17.73mg (4.43%), Vitamin B5: 0.4mg (4.04%), Vitamin C: 3.32mg (4.02%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.09mg (3.41%), Folate: 8.89µg (2.22%), Vitamin K: 1.61µg (1.53%), Vitamin D: 0.18µg (1.21%)