



Best Bacon Wrapped Water Chestnuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



220 min.

SERVINGS



10

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon halved
- ☐ 0.3 cup brown sugar packed
- ☐ 16 ounce water chestnuts drained canned
- ☐ 0.3 cup chili sauce
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup soya sauce
- ☐ 20 toothpicks or as needed
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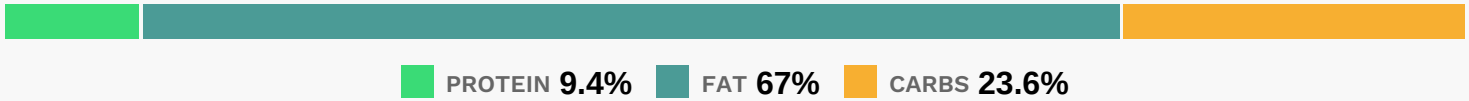
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Soak water chestnuts in a bowl with soy sauce for at least 3 hours; drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Wrap each water chestnut with a piece of bacon; secure with a toothpick and arrange on a shallow baking dish. Repeat with remaining water chestnuts.
- ☐ Bake in the preheated oven until bacon is crisp, 25 to 35 minutes.
- ☐ Meanwhile, mix brown sugar, mayonnaise, and chili sauce in a bowl until dipping sauce is smooth.
- ☐ Serve bacon-wrapped water chestnuts with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:6.1734782923823%

Nutrients (% of daily need)

Calories: 316.18kcal (15.81%), Fat: 23.66g (36.41%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 16.71g (6.08%), Sugar: 10.24g (11.38%), Cholesterol: 33.07mg (11.02%), Sodium: 909.11mg (39.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Selenium: 10.04µg (14.34%), Vitamin B6: 0.27mg (13.34%), Vitamin B3: 2.54mg (12.69%), Vitamin K: 12.78µg (12.17%), Vitamin B1: 0.15mg (9.76%), Phosphorus: 95.57mg (9.56%), Fiber: 2.05g (8.2%), Potassium: 234.58mg (6.7%), Vitamin E: 0.97mg (6.46%), Iron: 1.13mg (6.26%), Manganese: 0.12mg (6.09%), Copper: 0.12mg (5.85%), Zinc: 0.86mg (5.76%), Vitamin B2: 0.07mg (4.32%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.24µg (3.93%), Magnesium: 13.99mg (3.5%), Vitamin C: 2.36mg (2.86%), Folate: 6.74µg (1.68%), Vitamin A: 83.52IU (1.67%), Calcium: 15.04mg (1.5%), Vitamin D: 0.2µg (1.31%)