



Mini Bacon-Wrapped Sausages

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



40

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bacon (14 slices)
- 1 lb little wieners smoked (40 sausages)
- 0.8 cup catsup
- 0.5 cup granulated sugar
- 0.5 cup brown sugar packed
- 1 tablespoon vinegar white
- 0.3 teaspoon onion salt
- 0.3 teaspoon garlic powder

0.3 teaspoon pepper

Equipment

frying pan

sauce pan

oven

baking pan

toothpicks

broiler

broiler pan

glass baking pan

Directions

Set oven control to broil. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spray broiler rack and pan with cooking spray.

Cut each bacon slice crosswise into 3 pieces. Wrap each piece around 1 sausage, securing with toothpick; place on rack in pan.

Broil with tops about 6 inches from heat 12 to 16 minutes, turning once, until bacon is crisp.

Meanwhile, in 1-quart saucepan, mix remaining ingredients. Cook over medium heat about 5 minutes, stirring frequently, until sugar is dissolved and mixture is bubbly.

Heat oven to 350°F.

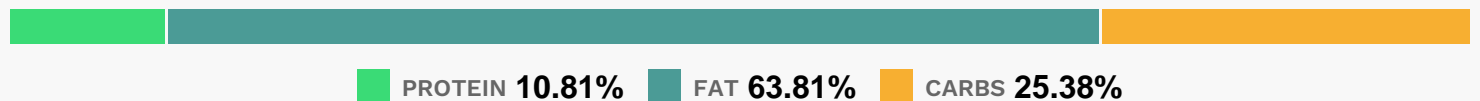
Transfer sausages from broiler pan to baking dish.

Pour sauce over sausages; turn to coat with sauce.

Bake about 20 minutes or until hot and bubbly.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:1.2195652162899%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 106.21kcal (5.31%), Fat: 7.59g (11.67%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.77g (2.46%), Sugar: 6.28g (6.98%), Cholesterol: 14.74mg (4.91%), Sodium: 247.13mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Phosphorus: 41.76mg (4.18%), Selenium: 2.37µg (3.38%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.37mg (2.44%), Vitamin B1: 0.03mg (2.13%), Vitamin B6: 0.04mg (1.94%), Potassium: 58.82mg (1.68%), Copper: 0.03mg (1.65%), Iron: 0.22mg (1.22%), Magnesium: 4.16mg (1.04%), Vitamin B2: 0.02mg (1.01%)