



Sweet Angels on Horseback



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



1

CALORIES



721 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bacon halved
- ☐ 1 garlic clove minced
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons maple syrup divided
- ☐ 12 shucked and oysters drained
- ☐ 0.3 cup white wine

Equipment

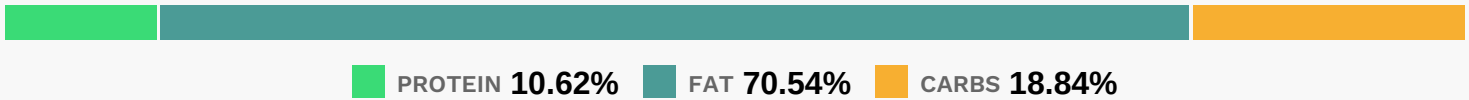
- ☐ bowl

- ☐ baking sheet
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients in a bowl; let stand 10 to 15 minutes.
- ☐ Microwave bacon at HIGH 2 minutes to 2 1/2 minutes or until edges begin to get crisp. Wrap each oyster with 1 piece bacon; secure with a wooden pick.
- ☐ Place on a lightly greased oil-lined baking sheet; brush with 1 tablespoon maple syrup.
- ☐ Broil 3 inches from heat 6 to 9 minutes or until bacon is crisp.
- ☐ Brush with remaining syrup.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:10.35, Inflammation Score:-3, Nutrition Score:17.867391442475%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 720.69kcal (36.03%), Fat: 52.69g (81.07%), Saturated Fat: 17.63g (110.21%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 31.59g (11.49%), Sugar: 24.68g (27.42%), Cholesterol: 93.84mg (31.28%), Sodium: 897.87mg (39.04%), Alcohol: 6.18g (100%), Alcohol %: 3.11% (100%), Protein: 17.85g (35.7%), Zinc: 8.55mg (56.98%), Manganese: 1.1mg (55.23%), Selenium: 30.33µg (43.33%), Vitamin B2: 0.64mg (37.79%), Vitamin B12: 2.13µg (35.5%), Vitamin B3: 5.58mg (27.91%), Copper: 0.55mg (27.37%), Vitamin B1: 0.4mg (26.85%), Phosphorus: 221.78mg (22.18%), Vitamin B6: 0.42mg (21.18%), Potassium: 432.34mg (12.35%), Iron: 1.57mg (8.74%), Magnesium: 34.02mg (8.5%), Vitamin B5: 0.82mg (8.15%), Calcium: 70.95mg (7.1%), Vitamin E: 0.71mg (4.75%), Vitamin D:

0.53µg (3.52%), Vitamin C: 1.01mg (1.23%), Vitamin A: 56.66IU (1.13%)