



Water Chestnuts Wrapped in Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients



1 pound bacon sliced



16 ounce water chestnuts drained canned



10 ounces soya sauce

Equipment



bowl



baking sheet



oven

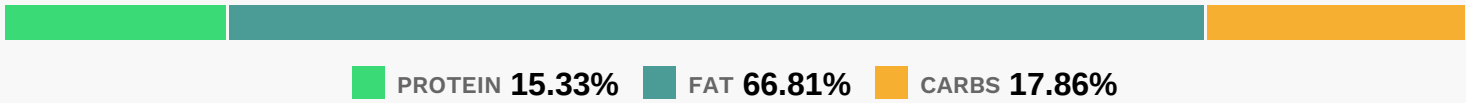


toothpicks

Directions

- ☐ In a medium bowl, marinate the water chestnuts in the soy sauce 6 to 8 hours, or overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut the bacon slices in half. Wrap each water chestnut with 1 half slice of bacon. Secure with toothpicks and arrange on a large baking sheet.
- ☐ Bake in the preheated oven 12 to 15 minutes, or until the bacon is lightly crisp and evenly brown.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:7.6891304954239%

Nutrients (% of daily need)

Calories: 301.92kcal (15.1%), Fat: 22.59g (34.75%), Saturated Fat: 7.56g (47.23%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 11.09g (4.03%), Sugar: 2.78g (3.09%), Cholesterol: 37.42mg (12.47%), Sodium: 2361.66mg (102.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin B3: 4mg (20%), Vitamin B6: 0.36mg (18.12%), Selenium: 12.3µg (17.58%), Phosphorus: 144.72mg (14.47%), Manganese: 0.27mg (13.72%), Vitamin B1: 0.19mg (12.47%), Iron: 1.85mg (10.26%), Fiber: 2.49g (9.98%), Potassium: 291.72mg (8.33%), Copper: 0.16mg (8.01%), Zinc: 1.16mg (7.71%), Vitamin B2: 0.12mg (7.14%), Magnesium: 25.51mg (6.38%), Vitamin B5: 0.57mg (5.73%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.69mg (4.57%), Folate: 11.48µg (2.87%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.13mg (1.37%), Calcium: 13.32mg (1.33%)