

Bacon Wrapped Chestnuts

*Sylvan Lake Resort - Custer, SD
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

*1 pound bacon strips, cut in half
3 cans (8 ounce ea) whole water
chestnuts
1/2 cup brown sugar
1/2 cup ketchup*

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Preheat the oven to 350 degrees.

Wrap a piece of uncooked bacon around each chestnut and secure with a toothpick. Place in a baking dish.

Bake for 30 to 45 minutes or until the bacon is done. Drain off the bacon fat.

In another bowl, mix the brown sugar and ketchup. Pour over the chestnuts.

Bake for another 30 minutes.

Serve hot.

Per Serving (excluding unknown items): 377 Calories; 28g Fat (67.2% calories from fat); 17g Protein; 13g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 1087mg Sodium. Exchanges: 2 1/2 Lean Meat; 4 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	377	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.2%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	14.1%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	18.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	28g	Folacin (mcg):	5mcg
Saturated Fat (g):	10g	Niacin (mg):	4mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	48mg	% Refuse:	0 0%

Carbohydrate (g):	13g
Dietary Fiber (g):	trace
Protein (g):	17g
Sodium (mg):	1087mg
Potassium (mg):	379mg
Calcium (mg):	17mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	21mg
Vitamin A (i.u.):	152IU
Vitamin A (r.e.):	15 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 377 **Calories from Fat:** 253

% Daily Values*

Total Fat 28g	43%
Saturated Fat 10g	49%
Cholesterol 48mg	16%
Sodium 1087mg	45%
Total Carbohydrates 13g	4%
Dietary Fiber trace	1%
Protein 17g	
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Vitamin A	3%
Vitamin C	35%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.