

Bacon-Wrapped Figs

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kraftrecipes.com

Servings: 6

2 tablespoons goat cheese

6 figs, cut lengthwise in half

*6 slices Oscar Mayer center cut
bacon, cut crosswise in half*

Preheat the broiler.

Spread the cheese onto the cut sides of the figs.

Wrap the bacon, overlapping the ends of the
bacon under the figs.

Place the figs, cut sides up, in a shallow pan.

Broil six inches from the heat for 8 to 10 minutes
or until the bacon is crisp.

Drain on paper towels.

Per Serving (excluding unknown
items): 48 Calories; 1g Fat (17.2%
calories from fat); 1g Protein; 10g
Carbohydrate; 2g Dietary Fiber;
2mg Cholesterol; 9mg Sodium.
Exchanges: 0 Lean Meat; 1/2 Fruit;
0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	48
% Calories from Fat:	17.2%
% Calories from Carbohydrates:	74.4%
% Calories from Protein:	8.4%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	10g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 9mg
Potassium (mg): 117mg
Calcium (mg): 39mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 84IU
Vitamin A (r.e.): 11RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 48 Calories from Fat: 8

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	1g	3%
Cholesterol	2mg		1%
Sodium	9mg		0%
Total Carbohydrates	10g		3%
	Dietary Fiber	2g	7%
Protein	1g		

Vitamin A			2%
Vitamin C			2%
Calcium			4%
Iron			1%

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