

Bacon-Wrapped Hot Dog Bites

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Servings: 18

9 slices bacon, cut in half
6 hot dogs, cut in thirds
1/3 cup packed brown sugar
1/4 teaspoon cayenne pepper

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

In a small dish, combine the brown sugar and cayenne. Mix well.

Wrap one bacon piece around each wiener piece. Roll in the sugar mixture to evenly coat.

Place the wieners, seam side down, in a foil-lined rimmed baking sheet.

Bake for 22 to 24 minutes or until the bacon is crisp and golden brown, turning after 12 minutes.

Start to Finish Time: 39 minutes

Per Serving (excluding unknown items): 94 Calories; 7g Fat (67.9% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 265mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	94	Vitamin B6 (mg):	trace
% Calories from Fat:	67.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	1mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Daily Value:	0%
	4g		

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	trace	Lean Meat:	1/2
Protein (g):	3g	Vegetable:	0
Sodium (mg):	265mg	Fruit:	0
Potassium (mg):	62mg	Non-Fat Milk:	0
Calcium (mg):	6mg	Fat:	1
Iron (mg):	trace	Other Carbohydrates:	1/2
Zinc (mg):	trace		
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	10IU		
Vitamin A (r.e.):	1RE		

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 94 **Calories from Fat:** 64

% Daily Values*

Total Fat 7g	11%
Saturated Fat 3g	13%
Cholesterol 12mg	4%
Sodium 265mg	11%
Total Carbohydrates 4g	1%
Dietary Fiber trace	0%
Protein 3g	
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Vitamin A	0%
Vitamin C	10%
Calcium	1%
Iron	2%

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