

Bacon-Wrapped Sweet Potato Bites

Kelly Williams - Forked River, NJ
Taste of Home Magazine - December 2013

Yield: 2 1/2 dozen bites

1/4 cup butter, melted
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon ground cinnamon
2 large (about 1-3/4 lbs) sweet potatoes, peeled and cut into one-inch cubes
1 pound bacon strips, halved
1/2 cup packed brown sugar
maple syrup, warmed

Preparation Time: 25 minutes

Bake: 40 minutes

Preheat the oven to 350 degrees.

In a large bowl, mix the butter, salt, cayenne and cinnamon. Add the sweet potatoes and toss to coat.

Wrap one bacon piece around each sweet potato cube and secure with a toothpick. Dip each side in the brown sugar. Place on a parchment paper-lined 15x10x1-inch baking pan.

Bake for 40 to 45 minutes or until the bacon is crisp and the sweet potato is tender.

Serve with maple syrup.

Per Serving (excluding unknown items): 3712 Calories; 270g Fat (65.8% calories from fat); 143g Protein; 173g Carbohydrate; 8g Dietary Fiber; 510mg Cholesterol; 8857mg Sodium. Exchanges: 4 Grain(Starch); 19 1/2 Lean Meat; 41 1/2 Fat; 7 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3712	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	8.0mcg
% Calories from Carbohydrates:	18.8%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	15.4%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	270g	Folacin (mcg):	62mcg
Saturated Fat (g):	108g	Niacin (mg):	35mg
Monounsaturated Fat (g):	120g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 28g
Cholesterol (mg): 510mg
Carbohydrate (g): 173g
Dietary Fiber (g): 8g
Protein (g): 143g
Sodium (mg): 8857mg
Potassium (mg): 3153mg
Calcium (mg): 233mg
Iron (mg): 11mg
Zinc (mg): 15mg
Vitamin C (mg): 212mg
Vitamin A (i.u.): 54267IU
Vitamin A (r.e.): 5681 1/2RE

Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 4
Lean Meat: 19 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 41 1/2
Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories 3712 **Calories from Fat:** 2442

% Daily Values*

Total Fat 270g	415%
Saturated Fat 108g	539%
Cholesterol 510mg	170%
Sodium 8857mg	369%
Total Carbohydrates 173g	58%
Dietary Fiber 8g	33%
Protein 143g	
<hr/>	
Vitamin A	1085%
Vitamin C	353%
Calcium	23%
Iron	62%

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