

# Pineapple Bacon Bites

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Trinity Jubilee Cookbook - Trinity United Methodist Church

1 can pineapple chunks in juice  
1 pound bacon slices, uncooked  
1 pineapple, sliced in half (to serve)

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Palm Beach Gardens, FL  
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Preheat the oven to 400 degrees.

Cut the bacon slices into thirds (to make three pieces per slice).

Wrap one bacon piece around each pineapple chunk and secure with a toothpick.

Bake for 5 or 10 minutes or until brown.

Attach each hot bacon-wrapped chunk onto a pineapple half.

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Per Serving (excluding unknown items): 2996 Calories; 225g Fat (67.8% calories from fat); 141g Protein; 100g Carbohydrate; 7g Dietary Fiber; 386mg Cholesterol; 7253mg Sodium. Exchanges: 19 1/2 Lean Meat; 6 1/2 Fruit; 32 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	2996
% Calories from Fat:	67.8%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	18.8%
Total Fat (g):	225g
Saturated Fat (g):	79g
Monounsaturated Fat (g):	107g
Polyunsaturated Fat (g):	27g
Cholesterol (mg):	386mg
Carbohydrate (g):	100g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	1.3mg
Vitamin B12 (mcg):	7.9mcg
Thiamin B1 (mg):	3.5mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	84mcg
Niacin (mg):	36mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 141g  
**Sodium (mg):** 7253mg  
**Potassium (mg):** 3045mg  
**Calcium (mg):** 122mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 15mg  
**Vitamin C (mg):** 248mg  
**Vitamin A (i.u.):** 204IU  
**Vitamin A (r.e.):** 19RE

**Lean Meat:** 19 1/2  
**Vegetable:** 0  
**Fruit:** 6 1/2  
**Non-Fat Milk:** 0  
**Fat:** 32 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 2996 Calories from Fat: 2032

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### % Daily Values\*

<b>Total Fat</b>	225g		347%
	Saturated Fat	79g	395%
<b>Cholesterol</b>	386mg		129%
<b>Sodium</b>	7253mg		302%
<b>Total Carbohydrates</b>	100g		33%
	Dietary Fiber	7g	30%
<b>Protein</b>	141g		

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<b>Vitamin A</b>			4%
<b>Vitamin C</b>			414%
<b>Calcium</b>			12%
<b>Iron</b>			53%

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