
Water Chestnuts and Bacon Roll Ups

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 can whole water chestnuts

10 strips bacon, cut in half

1/4 cup soy sauce

2 tablespoons brown sugar

In a small bowl, combine the soy sauce and brown sugar. Mix well.

Add the drained water chestnuts and let marinate for two to six hours.

Wrap each water chestnut in a bacon strip and secure with a toothpick.

Broil until the bacon is done.

Serve hot.

Yield: 15 to 20 roll ups

Appetizers

Per Serving (excluding unknown items): 471 Calories; 31g Fat (59.9% calories from fat); 23g Protein; 24g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 5132mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 1 Other Carbohydrates.