

Bacon-Wrapped Potato Bites

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Servings: 12

12 slices bacon, cut crosswise in half
24 frozen bite-size seasoned potato nuggets
1/4 cup mayonnaise with olive oil
2 tablespoons ketchup

Preparation Time: 10 minutes

Preheat the oven to 375 degrees.

Wrap one bacon piece around each potato nugget. Place on the rack of a broiler pan.

Bake for 25 minutes or until the bacon is crisp, turning after 15 minutes.

In a bowl, mix the mayonnaise and ketchup.

Serve the nuggets with the mayonnaise mixture.

Start to Finish Time: 35 minutes

Substitute chili sauce for the ketchup.

Per Serving (excluding unknown items): 39 Calories; 3g Fat (72.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 131mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	39
% Calories from Fat:	72.4%
% Calories from Carbohydrates:	7.3%
% Calories from Protein:	20.2%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace

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

Food Exchanges

Grain (Starch):	0
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Protein (g): 2g
Sodium (mg): 131mg
Potassium (mg): 43mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 25IU
Vitamin A (r.e.): 2 1/2RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 39 **Calories from Fat:** 28

% Daily Values*

Total Fat 3g	5%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 131mg	5%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 2g	
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Vitamin A	1%
Vitamin C	4%
Calcium	0%
Iron	1%

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