

Chipotle-Bacon Hot Dog Bites

Gourmet
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Yield: 18 bites

FOR BITES

1/3 cup packed brown sugar
1/2 teaspoon chipotle hot sauce (plus
more to taste)
9 strips bacon, halved
6 beef hot dogs, cut into thirds

FOR DIPS

2 tablespoons balsamic vinegar
1/4 cup packed brown sugar
2 tablespoons soy sauce
3 tablespoons whole grain Dijon
mustard
3 tablespoons honey

Preheat the oven to 400 degrees.

Line a baking sheet with parchment paper.

Make the bites: In a small bowl, combine the brown sugar and hot sauce.

Wrap one half-strip of bacon around each hot dog piece. Roll in the brown sugar mixture. Put the bites seam side down on the baking sheet. Bake until the bacon is crisp, about 20 minutes, turning once.

Meanwhile, make the dips: In a small bowl, combine the vinegar, brown sugar and soy sauce. Warm in a microwave to melt the sugar.

In another small bowl, combine the mustard and honey.

Serve the bites with the dips.

Per Serving (excluding unknown items): 2077 Calories; 125g Fat (53.9% calories from fat); 60g Protein; 182g Carbohydrate; trace Dietary Fiber; 257mg Cholesterol; 6526mg Sodium. Exchanges: 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 19 1/2 Fat; 11 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2077
% Calories from Fat:	53.9%
% Calories from Carbohydrates:	34.6%
% Calories from Protein:	11.5%
Total Fat (g):	125g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	60g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	257mg
Carbohydrate (g):	182g
Dietary Fiber (g):	trace
Protein (g):	60g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	5.4mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	25mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	7 1/2

Sodium (mg): 6526mg
Potassium (mg): 1394mg
Calcium (mg): 190mg
Iron (mg): 9mg
Zinc (mg): 10mg
Vitamin C (mg): 101mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 19 1/2
Other Carbohydrates: 11 1/2

Nutrition Facts

Amount Per Serving

Calories 2077 Calories from Fat: 1119

% Daily Values*

Total Fat	125g	193%
Saturated Fat	51g	255%
Cholesterol	257mg	86%
Sodium	6526mg	272%
Total Carbohydrates	182g	61%
Dietary Fiber	trace	2%
Protein	60g	
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Vitamin A		0%
Vitamin C		169%
Calcium		19%
Iron		51%

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