

Devils on Horseback

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 appetizers

8 slices bacon
12 pitted prunes
12 oysters (on the shell or bottled)
2 tablespoons Worcestershire sauce
ground black pepper (to taste)
Tabasco sauce (to taste)

Preparation Time: 10 minutes

Cook Time: 6 minutes

Soak 24 wooden skewers in water for 30 minutes. Trim the rind from the bacon and cut each slice into three pieces. Wrap a portion of bacon around each prune and secure with a skewer.

Remove the oysters from their shells or drain from the bottling liquid. Sprinkle lightly with Worcestershire sauce and pepper. Wrap each oyster in bacon, securing with a skewer as before.

Cook under a preheated grill or lightly oil the outer edges of a barbecue flatplate. Cook the savouries, turning occasionally, until the bacon is crisp.

Serve warm sprinkled with a dash of Tabasco sauce.

Per Serving (excluding unknown items): 316 Calories; 25g Fat (72.2% calories from fat); 16g Protein; 6g Carbohydrate; 0g Dietary Fiber; 43mg Cholesterol; 1102mg Sodium. Exchanges: 2 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|---------------------------|-------|
| Calories (kcal): | 316 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 72.2% | Vitamin B12 (mcg): | .9mcg |
| % Calories from Carbohydrates: | 7.3% | Thiamin B1 (mg): | .3mg |

% Calories from Protein: 20.6%
Total Fat (g): 25g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 43mg
Carbohydrate (g): 6g
Dietary Fiber (g): 0g
Protein (g): 16g
Sodium (mg): 1102mg
Potassium (mg): 486mg
Calcium (mg): 38mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 71mg
Vitamin A (i.u.): 32IU
Vitamin A (r.e.): 10RE

Riboflavin B2 (mg): .1mg
Folacin (mcg): 2mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 316 Calories from Fat: 228

% Daily Values*

| | | | |
|----------------------------|---------------|----|------|
| Total Fat | 25g | | 38% |
| | Saturated Fat | 9g | 44% |
| Cholesterol | 43mg | | 14% |
| Sodium | 1102mg | | 46% |
| Total Carbohydrates | 6g | | 2% |
| | Dietary Fiber | 0g | 0% |
| Protein | 16g | | |
| <hr/> | | | |
| Vitamin A | | | 1% |
| Vitamin C | | | 118% |
| Calcium | | | 4% |
| Iron | | | 14% |

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