

# Water Chestnuts in Bacon

*Mrs John H Hall*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*1 can water chestnuts, cut  
in quarters  
1 pound bacon slices, cut in  
thirds  
1/2 cup ketchup  
1/4 cup sugar*

Preheat the oven to 350 degrees.

Soak toothpicks in water for 30 minutes to prevent burning.

Wrap one piece of the bacon around each nut piece, securing with a toothpick. Place the wraps on a foil-lined cookie sheet.

Bake for 30 minutes. Pour off the grease. (This may be done early.)

In a bowl, mix the ketchup and sugar.

When ready to serve, drizzle the wraps with the sauce mixture.

Reheat at 300 degrees for 30 minutes.

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Per Serving (excluding unknown items): 2933 Calories; 223g Fat (69.2% calories from fat); 139g Protein; 85g Carbohydrate; 2g Dietary Fiber; 386mg Cholesterol; 8669mg Sodium. Exchanges: 19 1/2 Lean Meat; 32 1/2 Fat; 5 1/2 Other Carbohydrates.