

# Wiener Bites

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## **Yield: 48 appetizers**

*12 slices bacon*  
*8 wieners, cut into six pieces each*

## **Bake: 5 minutes**

Preheat the oven to 400 degrees.

In a frying pan over medium heat, cook the bacon until partially cooked. (Do not cook too much or the bacon will not be soft enough to roll when cooled.)

When cool enough to handle, cut each slice in half crosswise and then lengthwise. Wrap each bacon piece around each wiener piece. Secure with wooden picks. Arrange in a single layer on an ungreased baking sheet.

Bake for about 5 minutes until sizzling hot and the bacon is cooked.

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Per Serving (excluding unknown items): 438 Calories; 37g Fat (78.2% calories from fat); 23g Protein; trace Carbohydrate; 0g Dietary Fiber; 65mg Cholesterol; 1212mg Sodium. Exchanges: 3 Lean Meat; 5 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	438	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	78.2%	<b>Vitamin B12 (mcg):</b>	1.3mcg
<b>% Calories from Carbohydrates:</b>	0.3%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	21.5%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	37g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	13g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	18g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0

Cholesterol (mg):	65mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	23g
Sodium (mg):	1212mg
Potassium (mg):	369mg
Calcium (mg):	9mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	25mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

% Daily Values 0 0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 438 Calories from Fat: 342

### % Daily Values\*

<b>Total Fat</b> 37g	57%
Saturated Fat 13g	66%
<b>Cholesterol</b> 65mg	22%
<b>Sodium</b> 1212mg	51%
<b>Total Carbohydrates</b> trace	0%
Dietary Fiber 0g	0%
<b>Protein</b> 23g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	42%
<b>Calcium</b>	1%
<b>Iron</b>	7%

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