BBQ Bacon Wrapped Meatballs

Yield: 36 appetizers

1 bag (26 ounce) frozen Italian style meatballs 12 bacon strips 1 bottle honey barbrcue sauce 36 toothpicks Preheat the oven to 400 degrees.

Thaw 36 meatballs in the microwave for 2 minutes.

Cut the bacon into thirds to obtain approximately 3-1/2-inch pieces (refrigerate the bacon until ready to use).

Line an 11x17-inch baking sheet with parchment paper.

Wrap each meatball with one bacon piece and secure with a toothpick. Place the wrapped meatballs on the parchment paper in a single layer.

Heat the meatballs in the oven for 30 minutes or until the bacon is cooked.

Take the pan out of the oven and brush the meatballs with the honey BBQ sauce. Return the meatballs to the oven for an additional 5 minutes to caramelize the BBQ sauce.

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

Dar Canving Nutritional Analysis

Vitamin B6 (mg): Vitamin B12 (mcg):

.1mg 1.3mcg

% Calories from Carbohydrates:	0.3%
% Calories from Protein:	21.5%
Total Fat (g):	37g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	65mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	23g
Sodium (mg):	1212mg
Potassium (mg):	369mg
Calcium (mg):	9mg
lron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	25mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal): ⁹ Pofuso:	.5mg .1mg 4mcg 6mg 0mg 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*
Total Fat 37g	57%
Saturated Fat 13g	66%
Cholesterol 65mg	22%
Sodium 1212mg	51%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 23g	
Vitamin A	0%
Vitamin C	42%
Calcium	1%
Iron	7%

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