



## Bacon and Date Appetizer

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



531 kcal

SIDE DISH

### Ingredients

- 4 ounces almonds
- 1 pound bacon sliced
- 8 ounce dates pitted

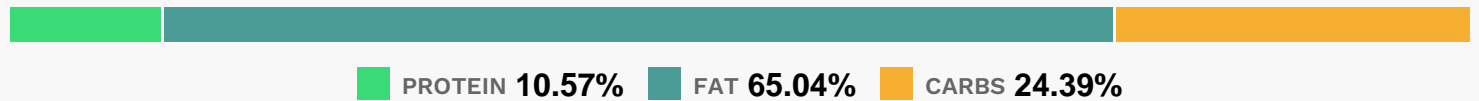
### Equipment

- toothpicks
- broiler

# Directions

- Preheat the broiler.
- Slit dates.
- Place one almond inside each date. Wrap dates with bacon, using toothpicks to hold them together.
- Broil 10 minutes, or until bacon is evenly brown and crisp.

# Nutrition Facts



# Properties

Glycemic Index:10.33, Glycemic Load:13.34, Inflammation Score:-4, Nutrition Score:12.915652049624%

# Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

# Nutrients (% of daily need)

Calories: 531.27kcal (26.56%), Fat: 39.58g (60.9%), Saturated Fat: 10.78g (67.39%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 28.01g (10.19%), Sugar: 24.79g (27.54%), Cholesterol: 49.9mg (16.63%), Sodium: 501.41mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.95%), Vitamin E: 5.18mg (34.55%), Manganese: 0.54mg (26.96%), Selenium: 17.1µg (24.43%), Phosphorus: 223.21mg (22.32%), Fiber: 5.39g (21.55%), Vitamin B3: 4.2mg (21.02%), Magnesium: 76.35mg (19.09%), Vitamin B1: 0.27mg (17.8%), Vitamin B2: 0.3mg (17.74%), Potassium: 536.18mg (15.32%), Copper: 0.3mg (15.21%), Vitamin B6: 0.29mg (14.47%), Zinc: 1.59mg (10.61%), Iron: 1.4mg (7.76%), Vitamin B5: 0.73mg (7.31%), Calcium: 69.36mg (6.94%), Vitamin B12: 0.38µg (6.3%), Folate: 15.5µg (3.87%), Vitamin D: 0.3µg (2.02%)