



Bacon-Wrapped Almond-Stuffed Apricots



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 24 apricot dried
- ☐ 0.8 cup apricot preserves
- ☐ 8 slices bacon cut into thirds
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons soya sauce
- ☐ 24 almonds whole lightly toasted

Equipment

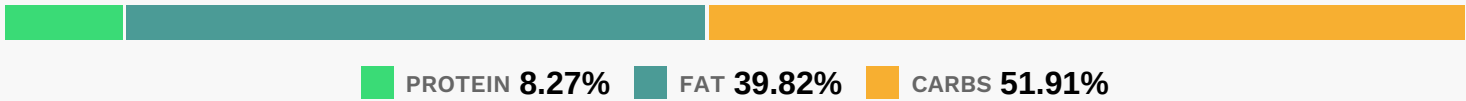
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Fold each apricot half around 1 whole almond. Wrap 1 bacon piece around each stuffed apricot. Secure with wooden picks.
- ☐ Place on a wire rack in an aluminum foil-lined jelly-roll pan.
- ☐ Bake at 375 for 20 to 25 minutes or until bacon is crisp, turning once.
- ☐ Microwave preserves, soy sauce, and pepper in a small microwave-safe bowl at MEDIUM 1 minute or until preserves are melted.
- ☐ Serve dipping sauce with stuffed apricots.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:3.6, Inflammation Score:-5, Nutrition Score:4.6130434650442%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 178.72kcal (8.94%), Fat: 8.32g (12.8%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 22.62g (8.22%), Sugar: 18.12g (20.13%), Cholesterol: 11.62mg (3.87%), Sodium: 326.65mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin A: 735.02IU (14.7%), Vitamin E: 1.54mg

(10.3%), Potassium: 296.79mg (8.48%), Vitamin B3: 1.44mg (7.2%), Fiber: 1.79g (7.16%), Manganese: 0.13mg (6.51%), Selenium: 4.44µg (6.35%), Copper: 0.12mg (6.05%), Phosphorus: 55.77mg (5.58%), Iron: 0.85mg (4.71%), Vitamin B6: 0.09mg (4.42%), Magnesium: 16.93mg (4.23%), Vitamin B1: 0.06mg (3.9%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.23mg (2.25%), Calcium: 22.28mg (2.23%), Vitamin C: 1.75mg (2.13%), Vitamin B12: 0.09µg (1.47%)