



Bacon-Wrapped Chocolate Chipotle Dates

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 ounces cream cheese softened
- ☐ 1.5 teaspoons chipotle chili powder
- ☐ 24 dates pitted
- ☐ 2 oz chocolate dark cut into tiny slivers the length of dates
- ☐ 8 slices bacon cut into thirds

Equipment

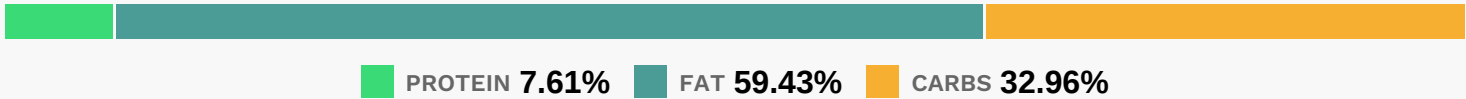
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with sides with foil; place baking rack on foil.
- ☐ In small bowl, stir together cream cheese and chili powder.
- ☐ Make cut down side of each date. Fill each with cream cheese mixture.
- ☐ Place chocolate sliver in cream cheese in each. Wrap each with piece of bacon.
- ☐ Place dates, bacon ends down, on baking rack.
- ☐ Bake 20 minutes or until bacon is crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:1.6695652389494%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 79.27kcal (3.96%), Fat: 5.39g (8.28%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.17g (5.74%), Cholesterol: 9.09mg (3.03%), Sodium: 64.19mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Fiber: 0.86g (3.44%), Manganese: 0.07mg (3.39%), Selenium: 2.23µg (3.18%), Copper: 0.06mg (3.06%), Phosphorus: 26.98mg (2.7%), Magnesium: 9.83mg (2.46%), Potassium: 85.23mg (2.44%), Iron: 0.41mg (2.27%), Vitamin B3: 0.43mg (2.14%), Vitamin A: 96.92IU (1.94%), Vitamin B6: 0.04mg (1.84%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.12mg (1.16%)