



Bacon Wrapped Dates

 Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon sliced quartered
- 10 ounces cheddar cheese cubed
- 8 ounce dates pitted

Equipment

- baking sheet
- oven
- toothpicks
- broiler

Directions

- Preheat the broiler.
- Slice open dates, and stuff each with a cube of Cheddar cheese. Wrap each date with a quarter of a bacon slice, and secure bacon with toothpicks.
- Arrange wrapped dates on a medium baking sheet, and broil 15 minutes in the preheated oven, turning once, until bacon is evenly browned.

Nutrition Facts

PROTEIN 13.77% **FAT 66.69%** **CARBS 19.54%**

Properties

Glycemic Index:3.95, Glycemic Load:4.04, Inflammation Score:-1, Nutrition Score:3.8499999637513%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 184.39kcal (9.22%), Fat: 13.87g (21.33%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.23g (2.99%), Sugar: 7.24g (8.04%), Cholesterol: 29.14mg (9.71%), Sodium: 243.07mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Selenium: 8.91µg (12.73%), Calcium: 105.77mg (10.58%), Phosphorus: 104.61mg (10.46%), Zinc: 0.82mg (5.47%), Vitamin B3: 1.06mg (5.32%), Vitamin B2: 0.09mg (5.2%), Vitamin B1: 0.07mg (4.84%), Vitamin B6: 0.09mg (4.44%), Vitamin B12: 0.26µg (4.39%), Potassium: 130.21mg (3.72%), Fiber: 0.91g (3.63%), Vitamin A: 151.56IU (3.03%), Magnesium: 11.42mg (2.86%), Vitamin B5: 0.25mg (2.51%), Copper: 0.04mg (1.88%), Manganese: 0.03mg (1.68%), Vitamin E: 0.21mg (1.4%), Iron: 0.23mg (1.29%), Folate: 5.13µg (1.28%), Vitamin D: 0.18µg (1.17%)