



Bacon Wrapped Dates Stuffed with Blue Cheese

 Gluten Free

READY IN



60 min.

SERVINGS



32

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 pound bacon sliced cut in half
- 4 ounces cheese blue
- 1 pound dates pitted

Equipment

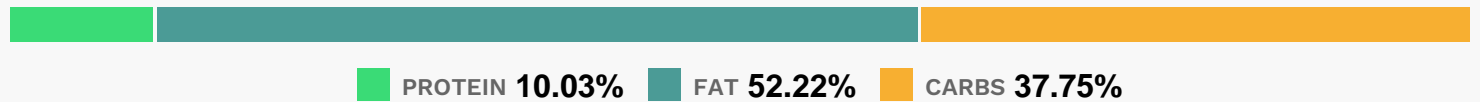
- baking sheet
- oven
- baking pan

toothpicks

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Slice dates in half, and open them up. Pinch off pieces of blue cheese, and place them into the center of the dates. Close the halves of the dates, and wrap a half-slice of bacon around the outside. Secure each one with a toothpick. Arrange in a baking dish or on a baking sheet with sides to catch any grease.
- Bake for 30 to 40 minutes in the preheated oven, or until the bacon is crisp. Turn dates over after the first 20 minutes for even cooking.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:2.1469565244473%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 111.59kcal (5.58%), Fat: 6.7g (10.31%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.76g (3.55%), Sugar: 9g (10.01%), Cholesterol: 12.01mg (4%), Sodium: 134.87mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Selenium: 3.79µg (5.41%), Fiber: 1.13g (4.54%), Phosphorus: 42.91mg (4.29%), Vitamin B3: 0.79mg (3.93%), Potassium: 130.12mg (3.72%), Vitamin B6: 0.07mg (3.35%), Vitamin B1: 0.05mg (3.17%), Calcium: 24.95mg (2.49%), Vitamin B5: 0.22mg (2.23%), Magnesium: 8.61mg (2.15%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.3mg (2.02%), Manganese: 0.04mg (1.95%), Vitamin B12: 0.11µg (1.9%), Copper: 0.04mg (1.83%), Iron: 0.21mg (1.19%)