



Bacon-Wrapped Dates Stuffed with Manchego Cheese

 **Gluten Free**

READY IN



20 min.

SERVINGS



24

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon cut into thirds
- ☐ 24 dates dried pitted
- ☐ 4 ounces manchego cheese cut into 24 small cubes
- ☐ 24 wooden toothpicks
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Equipment

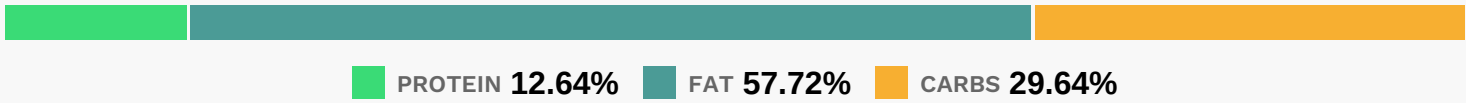
- ☐ paper towels

- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ tongs

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Stuff 1 piece manchego cheese into each date and then wrap with 1 piece bacon, securing with a toothpick. Arrange dates in a shallow baking dish with the bacon seam down and 1 inch between pieces.
- ☐ Bake in preheated oven for 5 minutes, turn dates with tongs, and continue baking until bacon is crisp, 5 to 6 minutes more.
- ☐ Drain on a plate lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:1.12999999774222%

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: 70.59kcal (3.53%), Fat: 4.63g (7.12%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.44g (4.93%), Cholesterol: 9.9mg (3.3%), Sodium: 77.37mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Calcium: 53.65mg (5.37%), Selenium: 1.68µg (2.41%), Fiber: 0.56g (2.24%), Vitamin B3: 0.38mg (1.92%), Potassium: 60.44mg (1.73%), Vitamin B1: 0.02mg (1.59%), Vitamin B6: 0.03mg (1.55%), Phosphorus: 14.9mg (1.49%)