



Bacon Wrapped Stuffed Medjool Dates



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



549 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon (cut in half)
- ☐ 1 c almonds
- ☐ 16 medjool dates

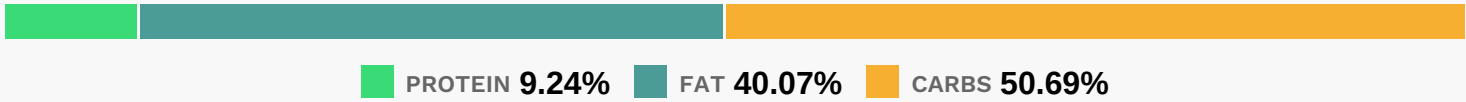
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut the dates open along one side and remove the pits.
- ☐ Stuff the dates with their filling and wrap each in a slice of bacon.
- ☐ Place the bacon wrapped dates into a baking pan with the seam of the bacon down.
- ☐ Bake in a preheated 425F oven until the bacon is cooked and slightly crispy, about 12–16 minutes, flipping once in the middle.
- ☐ Let cool and enjoy.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:12.443043428919%

Nutrients (% of daily need)

Calories: 549.12kcal (27.46%), Fat: 25.72g (39.56%), Saturated Fat: 11.13g (69.58%), Carbohydrates: 73.2g (24.4%), Net Carbohydrates: 66.76g (24.28%), Sugar: 63.95g (71.06%), Cholesterol: 50.23mg (16.74%), Sodium: 617.12mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Fiber: 6.43g (25.73%), Potassium: 827.6mg (23.65%), Phosphorus: 232.21mg (23.22%), Calcium: 212.8mg (21.28%), Vitamin B6: 0.4mg (20.15%), Copper: 0.38mg (18.86%), Selenium: 12.94µg (18.49%), Vitamin B3: 3.6mg (18.02%), Magnesium: 63.62mg (15.9%), Vitamin B5: 1.51mg (15.05%), Manganese: 0.29mg (14.58%), Vitamin B1: 0.18mg (11.84%), Vitamin B2: 0.2mg (11.83%), Zinc: 1.69mg (11.29%), Vitamin B12: 0.56µg (9.41%), Vitamin A: 374.87IU (7.5%), Iron: 1.13mg (6.29%), Folate: 24.57µg (6.14%), Vitamin K: 3.27µg (3.11%), Vitamin D: 0.32µg (2.12%), Vitamin E: 0.26mg (1.73%)