



Cheese-Stuffed Dates with Prosciutto

 Gluten Free

READY IN



8 min.

SERVINGS



6

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 2 ounces goat cheese at room temperature
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 ounces mascarpone cheese room temperature
- ☐ 12 ounces medjool dates pitted
- ☐ 8 slices pancetta halved lengthwise thin

Equipment

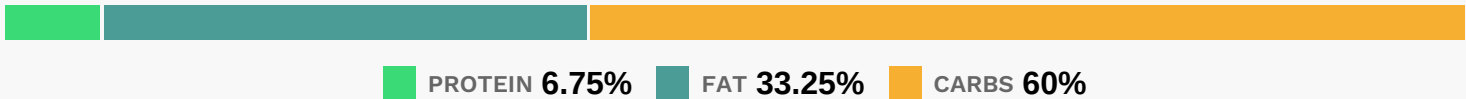
- ☐ bowl

☐ toothpicks

Directions

- ☐ Special equipment: 16 toothpicks or cocktail picks
- ☐ In a small bowl, mix together the cheeses and basil. Season with salt and pepper.
- ☐ Gently pull the dates apart and spoon about 1/2 teaspoon cheese mixture inside. Close the dates around the cheese filling. Wrap a piece of prosciutto around each date and secure with a toothpick.
- ☐ Arrange the stuffed dates on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:5.8704347714134%

Nutrients (% of daily need)

Calories: 269.49kcal (13.47%), Fat: 10.57g (16.27%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 39.08g (14.21%), Sugar: 37.78g (41.97%), Cholesterol: 20.84mg (6.95%), Sodium: 111.21mg (4.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Fiber: 3.84g (15.36%), Copper: 0.28mg (14.2%), Potassium: 422.48mg (12.07%), Manganese: 0.2mg (10.13%), Vitamin B6: 0.19mg (9.75%), Magnesium: 34.22mg (8.56%), Phosphorus: 75.42mg (7.54%), Vitamin A: 371.64IU (7.43%), Vitamin B3: 1.39mg (6.96%), Calcium: 65.49mg (6.55%), Vitamin B5: 0.58mg (5.83%), Vitamin K: 6.01µg (5.73%), Vitamin B2: 0.08mg (4.68%), Vitamin B1: 0.06mg (4.32%), Iron: 0.77mg (4.31%), Selenium: 2.42µg (3.45%), Zinc: 0.47mg (3.14%), Folate: 10.34µg (2.58%), Vitamin B12: 0.07µg (1.19%)