



## Date Goat Cheese Basil Bites

 Gluten Free

READY IN



60 min.

SERVINGS



20

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pound dates pitted
- ☐ 3 tablespoons basil fresh chopped
- ☐ 8 ounce goat cheese softened
- ☐ 1.5 tablespoons honey
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 20 servings toothpicks
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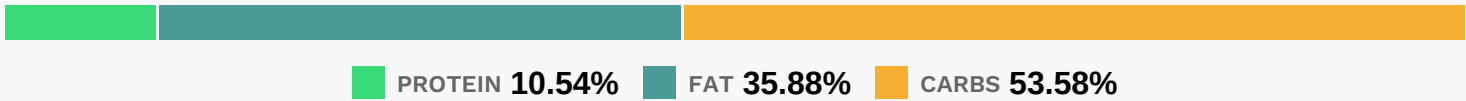
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ toaster

## Directions

- ☐ Mix goat cheese, honey, and basil together in a bowl until smooth and creamy; refrigerate for 20 minutes.
- ☐ Preheat toaster oven or oven to 400 degrees F (200 degrees C).
- ☐ Fill dates with goat cheese filling using a small spoon. Wrap each date with enough prosciutto to cover entire date and secure with a toothpick. Arrange on a baking sheet.
- ☐ Bake in the preheated toaster oven until prosciutto becomes crisp and caramelized, about 10 minutes. Flip each date and continue baking until crisp on top, about 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.71, Glycemic Load:8.58, Inflammation Score:-1, Nutrition Score:2.9078260867492%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 5.48g (8.43%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 16.59g (6.03%), Sugar: 15.77g (17.53%), Cholesterol: 10.21mg (3.4%), Sodium: 92.31mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Fiber: 1.82g (7.29%), Copper: 0.13mg (6.73%), Phosphorus: 54.21mg (5.42%), Potassium: 168.4mg (4.81%), Vitamin B6: 0.09mg (4.34%), Vitamin B2: 0.06mg (3.82%), Manganese: 0.08mg (3.81%), Selenium: 2.53µg (3.62%), Vitamin B3: 0.65mg (3.23%), Magnesium: 12.7mg (3.17%), Vitamin A: 138.03IU (2.76%), Iron: 0.49mg (2.74%), Vitamin B1: 0.04mg (2.71%), Calcium: 25.72mg (2.57%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.06µg (1.96%), Zinc: 0.27mg (1.77%), Folate: 5.91µg (1.48%)