



Dates Stuffed with Pistachio Cream Cheese

 Vegetarian  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



24

CALORIES



41 kcal

SIDE DISH

Ingredients

- 1 tablespoon honey
- 12 medjool dates whole pitted cut in half lengthwise
- 3 tablespoons pistachios toasted finely chopped

Equipment

- bowl
- blender
- ziploc bags

Directions

- Combine first 3 ingredients and, if desired, cardamom in a medium bowl; beat with a mixer at medium speed until creamy. Spoon cream cheese mixture into a small zip-top plastic bag, and seal bag. Carefully snip off 1/4 inch of 1 bottom corner of bag.
- Pipe about 2 teaspoons cream cheese mixture down center of each date half.
- Serve at room temperature, or cover and chill until ready to serve.

Nutrition Facts

   **PROTEIN 3.6%** **FAT 8.77%** **CARBS 87.63%**

Properties

Glycemic Index:2.93, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.0526086817617%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.17kcal (2.06%), Fat: 0.44g (0.68%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.07g (3.3%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 0.16mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Fiber: 0.9g (3.61%), Copper: 0.06mg (2.8%), Potassium: 93.58mg (2.67%), Manganese: 0.05mg (2.37%), Vitamin B6: 0.05mg (2.3%), Magnesium: 7.63mg (1.91%), Phosphorus: 12.07mg (1.21%), Vitamin B3: 0.21mg (1.03%), Vitamin B5: 0.1mg (1.02%)