



Dates with Goat Cheese Wrapped in Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 16 large basil
- ☐ 0.3 cup goat cheese soft
- ☐ 16 medjool dates pitted
- ☐ 4 pancetta cut into 4 long strips thin

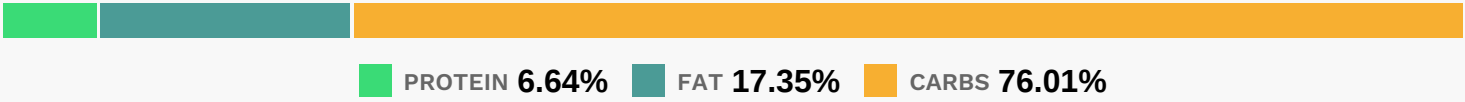
Equipment

- ☐ toothpicks
- ☐ broiler

Directions

- ☐ Heat broiler to low. Spoon 1 teaspoon cheese into each date; wrap with a basil leaf, then a prosciutto strip. Secure with a toothpick. Broil until cheese bubbles, about 3 minutes.
- ☐ Serve warm.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.5734783028779%

Nutrients (% of daily need)

Calories: 174.79kcal (8.74%), Fat: 3.66g (5.63%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 32.83g (11.94%), Sugar: 31.99g (35.55%), Cholesterol: 6.99mg (2.33%), Sodium: 61.8mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Fiber: 3.23g (12.92%), Copper: 0.25mg (12.39%), Potassium: 346.82mg (9.91%), Manganese: 0.16mg (8.06%), Vitamin B6: 0.16mg (7.75%), Magnesium: 28.43mg (7.11%), Phosphorus: 60.18mg (6.02%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.47mg (4.75%), Vitamin K: 4.79µg (4.56%), Calcium: 45.58mg (4.56%), Vitamin A: 212.9IU (4.26%), Vitamin B2: 0.07mg (4.03%), Iron: 0.65mg (3.63%), Vitamin B1: 0.04mg (2.8%), Zinc: 0.35mg (2.35%), Folate: 8.88µg (2.22%), Selenium: 1.07µg (1.53%)