

Devils on Horseback

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



30

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices bacon thin
- 1 tablespoon granulated sugar
- 1 cup port wine
- 8 ounces prune- cut to pieces pitted

Equipment

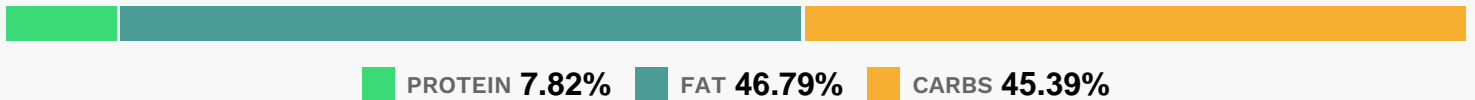
- baking sheet
- sauce pan
- oven

- wire rack
- toothpicks
- aluminum foil
- tongs

Directions

- Heat the oven to 500°F and arrange a rack in the middle.
- Combine the prunes, port, and sugar in a medium saucepan. Bring to a boil over high heat, stirring until the sugar has dissolved. Reduce the heat to medium low and simmer, stirring occasionally, until the port thickens into a loose syrup, about 15 minutes.
- Let cool slightly, for about 10 minutes, then drain the prunes of excess syrup or reserve syrup for other uses (for example, serve with seared meats or drizzle into a glass of seltzer or Champagne).Line a rimmed baking sheet with aluminum foil, then set a cooling rack over the foil.Wrap a piece of bacon around each prune and secure with a toothpick.
- Place the prunes at least 1 inch apart on the cooling rack.
- Bake for 7 minutes, then flip the prunes with tongs and continue to bake until crispy, about 7 to 9 minutes more.
- Transfer to a paper-towel-lined plate to drain. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.2608695789848%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 63.06kcal (3.15%), Fat: 2.94g (4.52%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.88g (2.14%), Sugar: 3.9g (4.34%), Cholesterol: 4.84mg (1.61%), Sodium: 49.42mg (2.15%), Alcohol: 1.22g (100%), Alcohol %: 6.66% (100%), Protein: 1.1g (2.21%), Vitamin K: 4.5µg (4.28%), Vitamin B3: 0.45mg (2.27%), Potassium: 77.23mg (2.21%), Selenium: 1.54µg (2.2%), Fiber: 0.54g (2.15%), Vitamin B6: 0.04mg (1.75%), Vitamin B1: 0.03mg (1.7%), Phosphorus: 16.5mg (1.65%), Manganese: 0.03mg (1.65%), Copper: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.27%), Vitamin A: 61.76IU (1.24%), Magnesium: 4.7mg (1.17%)