



Devils on Horseback

 Gluten Free

READY IN



27 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 strips bacon cut in half crosswise
- ☐ 0.3 cup cheese blue crumbled
- ☐ 24 prune- cut to pieces pitted

Equipment

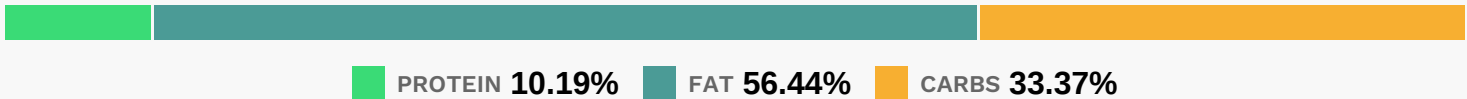
- ☐ bowl
- ☐ baking sheet
- ☐ wire rack
- ☐ toothpicks

☐ broiler

Directions

- ☐ Preheat broiler to high. Soak 24 toothpicks in a small bowl of water for 15 minutes. Mist a large, rimmed baking sheet with cooking spray and place a wire rack on top.
- ☐ Halve prunes lengthwise, taking care not to cut all the way through.
- ☐ Place a small amount of cheese in center of each prune, in cavity left by removed pit. Wrap each prune with bacon, securing with toothpick.
- ☐ Broil for 10 to 12 minutes, turning halfway through.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:2.65, Inflammation Score:-1, Nutrition Score:2.9708695563933%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 122.38kcal (6.12%), Fat: 7.91g (12.16%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.38g (3.41%), Sugar: 6.11g (6.79%), Cholesterol: 13.87mg (4.62%), Sodium: 151.33mg (6.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin K: 9.59µg (9.14%), Selenium: 4.02µg (5.74%), Vitamin B3: 1.04mg (5.2%), Phosphorus: 47.99mg (4.8%), Potassium: 159.65mg (4.56%), Fiber: 1.14g (4.54%), Vitamin B6: 0.08mg (4.23%), Vitamin B1: 0.06mg (3.84%), Vitamin B2: 0.06mg (3.26%), Vitamin A: 154.36IU (3.09%), Copper: 0.05mg (2.68%), Manganese: 0.05mg (2.5%), Zinc: 0.36mg (2.39%), Calcium: 23.6mg (2.36%), Magnesium: 9.36mg (2.34%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.12µg (2.08%), Iron: 0.23mg (1.28%), Vitamin E: 0.15mg (1.01%)