



Devils on Horseback



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 slices bacon cut in half crosswise
- ☐ 0.8 cup brown sugar dark
- ☐ 20 dates whole pitted
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 20 almonds smoked whole

Equipment

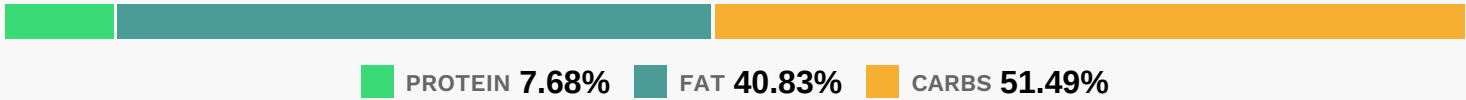
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Soak the toothpicks in a bowl of water. Grease a 9x13-inch baking dish.
- ☐ In a bowl, mix together the soy sauce and ground ginger.
- ☐ Place the brown sugar into a shallow bowl.
- ☐ Spread open a pitted date, then stuff it with a smoked almond. Wrap the date with half a bacon slice, secure it with a toothpick, dip the bundle in soy sauce mixture, and then dip it into brown sugar.
- ☐ Place the wrapped dates into the prepared baking dish. If desired, sprinkle a little more brown sugar over the bundles.
- ☐ Bake in the preheated oven until the bacon is brown and crisp, 15 to 25 minutes. Allow to cool for about 15 minutes before serving; serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:1.7682608614635%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 104.73kcal (5.24%), Fat: 4.9g (7.54%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.2g (4.8%), Sugar: 12.5g (13.89%), Cholesterol: 7.26mg (2.42%), Sodium: 190.04mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Manganese: 0.08mg (3.89%), Selenium: 2.6µg

(3.72%), Vitamin B3: 0.62mg (3.09%), Phosphorus: 30.7mg (3.07%), Fiber: 0.71g (2.86%), Potassium: 97.88mg (2.8%), Vitamin B6: 0.05mg (2.55%), Magnesium: 10.08mg (2.52%), Vitamin B1: 0.04mg (2.49%), Vitamin E: 0.32mg (2.13%), Vitamin B2: 0.03mg (1.92%), Copper: 0.04mg (1.75%), Iron: 0.27mg (1.47%), Zinc: 0.21mg (1.41%), Calcium: 13.83mg (1.38%), Vitamin B5: 0.13mg (1.28%)