

Devils on Horseback Appetizers

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 prune- cut to pieces pitted
- 3 tablespoons cheese blue crumbled
- 4 slices bacon

Equipment

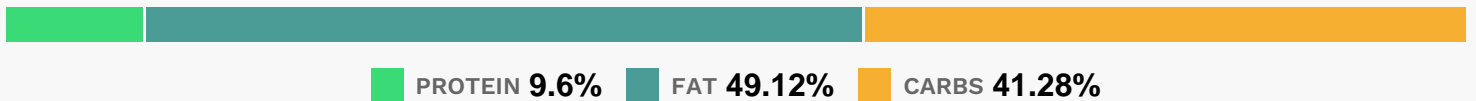
- bowl
- baking sheet
- oven
- knife

toothpicks

Directions

- Set oven control to broil.
- Place ovenproof rack on cookie sheet; set aside.
- Place 12 toothpicks in bowl of water to soak.
- Meanwhile, using small sharp knife, cut slit in each prune to make pocket, being careful not to cut all the way through. Stuff prunes with blue cheese.
- Cut each slice of bacon into thirds. Wrap a piece of bacon around each filled prune, using a toothpick to secure.
- Place on rack on cookie sheet.
- Broil with tops 4 to 6 inches from heat 10 to 12 minutes, turning once to avoid burning bacon. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:3.32, Inflammation Score:-2, Nutrition Score:3.2334782416406%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 121.51kcal (6.08%), Fat: 6.9g (10.62%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.63g (4.23%), Sugar: 7.64g (8.49%), Cholesterol: 12.31mg (4.1%), Sodium: 137.74mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin K: 11.98µg (11.41%), Fiber: 1.42g (5.68%), Potassium: 184.4mg (5.27%), Selenium: 3.52µg (5.02%), Vitamin B3: 1mg (5.01%), Phosphorus: 48.47mg (4.85%), Vitamin B6: 0.09mg (4.29%), Vitamin A: 188.33IU (3.77%), Vitamin B2: 0.06mg (3.67%), Vitamin B1: 0.05mg (3.45%), Copper: 0.06mg (3.19%), Manganese: 0.06mg (3.09%), Calcium: 27.81mg (2.78%), Magnesium: 10.77mg (2.69%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.12µg (1.93%), Iron: 0.26mg (1.43%), Vitamin E: 0.16mg (1.05%)