

Dulcia Domestica

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 dates pitted
- 0.3 cup honey
- 0.3 cup pinenuts toasted chopped
- 3 tablespoons red wine

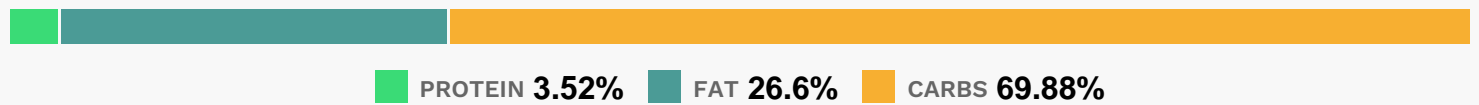
Equipment

- frying pan

Directions

- Stuff dates with chopped nuts: the nuts are inserted into the space left by the pit.
- Place dates in a small pan.
- Sprinkle with pepper if desired.
- Add wine, then drizzle honey over dates. Cook over medium heat until the skins begin to peel off the fruit.
- Transfer dates to a serving dish, and allow to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:5.024782669609%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 189.98kcal (9.5%), Fat: 5.85g (9%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.57g (11.84%), Sugar: 31.08g (34.54%), Cholesterol: 0mg (0%), Sodium: 1.89mg (0.08%), Alcohol: 1.19g (100%), Alcohol %: 2.44% (100%), Protein: 1.74g (3.48%), Manganese: 0.83mg (41.47%), Copper: 0.16mg (8.18%), Fiber: 2.03g (8.14%), Magnesium: 31.98mg (8%), Phosphorus: 64.97mg (6.5%), Potassium: 213.44mg (6.1%), Vitamin E: 0.8mg (5.32%), Vitamin K: 5.16µg (4.91%), Iron: 0.82mg (4.56%), Zinc: 0.67mg (4.45%), Vitamin B3: 0.69mg (3.44%), Vitamin B1: 0.04mg (2.81%), Vitamin B6: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.62%), Folate: 7.39µg (1.85%), Vitamin B5: 0.17mg (1.68%), Selenium: 0.88µg (1.26%), Calcium: 11.71mg (1.17%)