

Easy Tasty Dates

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 slices bacon cut in half
- ☐ 0.5 cup balsamic vinegar
- ☐ 20 dates pitted
- ☐ 0.3 cup goat cheese
- ☐ 20 ounces pecans
- ☐ 1 tablespoon sugar white

Equipment

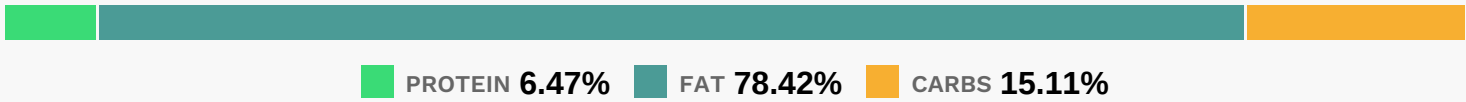
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Slice open the dates, and stuff each with about 1/2 teaspoon goat cheese. Top each date with a pecan, using the goat cheese to hold the pecans in place. Wrap each date with 1/2 slice bacon.
- ☐ Arrange the wrapped dates on a baking sheet.
- ☐ Bake 15 to 20 minutes in the preheated oven, until the bacon is crisp and evenly brown.
- ☐ In a saucepan over medium heat, mix the balsamic vinegar and sugar until thickened.
- ☐ Pour over the dates to serve.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:8.1521739402543%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 25.4g (39.08%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 7.73g (2.81%), Sugar: 7.14g (7.93%), Cholesterol: 8.57mg (2.86%), Sodium: 84.87mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Manganese: 1.31mg (65.32%), Copper: 0.38mg (19.09%), Vitamin B1: 0.22mg (14.87%), Fiber: 3.28g (13.13%), Phosphorus: 107.18mg (10.72%), Magnesium: 39.85mg (9.96%), Zinc: 1.47mg (9.77%), Potassium: 191.82mg (5.48%), Vitamin B6: 0.11mg (5.37%), Iron: 0.93mg (5.19%), Selenium: 3.58µg (5.12%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.37mg (3.66%), Vitamin B2: 0.06mg (3.6%), Vitamin E: 0.45mg (3.02%), Calcium: 28.82mg (2.88%), Folate: 7.91µg (1.98%), Vitamin K: 1.23µg (1.17%), Vitamin B12:

0.06μg (1.01%)