



Foie Gras-Stuffed Dates



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings fleur del sel
- ☐ 2 ounces foie gras () (goose or duck liver)
- ☐ 4 servings parsley fresh chopped
- ☐ 6 large medjool dates pitted halved lengthwise

Equipment

Directions

- ☐
- Fill each date half with heaping 1/2 teaspoon foie gras. Arrange filled dates on platter. (Can be prepared 3 hours ahead. Cover and chill.)
- ☐
- Sprinkle each date with salt and parsley.
- ☐
- *A type of French sea salt; available at specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:20.921739254957%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 120.44kcal (6.02%), Fat: 0.74g (1.14%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.2g (9.16%), Sugar: 23.96g (26.63%), Cholesterol: 73mg (24.33%), Sodium: 216.23mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin B12: 7.65µg (127.57%), Vitamin A: 6047.32IU (120.95%), Vitamin K: 66.57µg (63.4%), Copper: 0.98mg (49.08%), Folate: 116.09µg (29.02%), Iron: 4.9mg (27.23%), Selenium: 9.5µg (13.57%), Vitamin B5: 1.18mg (11.82%), Fiber: 2.54g (10.18%), Vitamin B6: 0.2mg (10.05%), Vitamin B2: 0.15mg (8.94%), Potassium: 305.36mg (8.72%), Vitamin B3: 1.55mg (7.77%), Manganese: 0.15mg (7.5%), Vitamin C: 5.96mg (7.22%), Vitamin B1: 0.1mg (6.74%), Phosphorus: 62.77mg (6.28%), Magnesium: 24.85mg (6.21%), Zinc: 0.64mg (4.25%), Calcium: 30.24mg (3.02%)