



Gluten-Free Bacon Wrapped Figs

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces canadian bacon cottage or canadian-style fully cooked
- 16 ounces figs dried whole
- 30 small basil fresh
- 30 pistachios

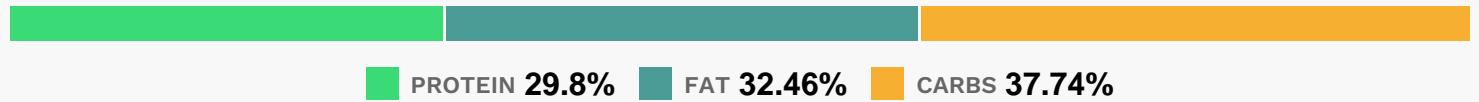
Equipment

- frying pan
- oven
- toothpicks

Directions

- Heat oven to 425F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- Cut each bacon slice in half.
- Cut slit in each fig; stuff with nut.
- Place basil leaf on bacon strip; wrap around fig.
- Place seam side down in pan.
- Bake 8 to 10 minutes or until bacon is brown.
- Serve warm with toothpicks.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:2.0021739161533%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 34.7kcal (1.74%), Fat: 1.29g (1.99%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.54g (2.82%), Cholesterol: 5.67mg (1.89%), Sodium: 102.69mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin B1: 0.1mg (6.87%), Selenium: 2.94µg (4.19%), Vitamin B6: 0.08mg (3.95%), Vitamin B3: 0.78mg (3.92%), Phosphorus: 34.8mg (3.48%), Potassium: 85.52mg (2.44%), Vitamin K: 2.37µg (2.26%), Fiber: 0.55g (2.19%), Vitamin D: 0.32µg (2.12%), Manganese: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.7%), Copper: 0.03mg (1.51%), Magnesium: 5.96mg (1.49%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.11mg (1.1%), Iron: 0.18mg (1.03%)