



Goat Cheese and Chocolate-Stuffed Dates



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

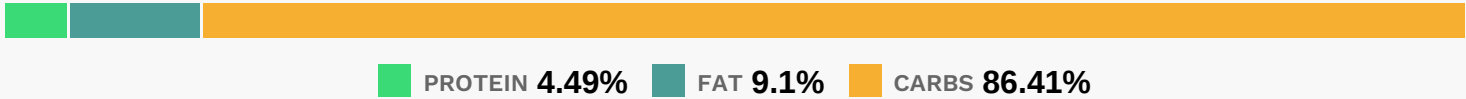
- ☐ 2 ounces goat cheese
- ☐ 24 medjool dates whole pitted
- ☐ 1.5 teaspoons powdered sugar
- ☐ 1 tablespoon chocolate unsweetened grated

Equipment

Directions

- ☐
- Open the slit in each date; stuff about 1/2 teaspoon goat cheese and about 1/8 teaspoon chocolate inside each date. Close date around filling; press gently to seal. Arrange stuffed dates in a single layer on a platter; sift powdered sugar over dates.
- ☐
- Note: Refrigerate stuffed dates in an airtight container for up to two days.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.1239130328531%

Flavonoids

Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg

Nutrients (% of daily need)

Calories: 152.58kcal (7.63%), Fat: 1.71g (2.63%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 33.18g (12.07%), Sugar: 32.2g (35.78%), Cholesterol: 2.17mg (0.72%), Sodium: 18.17mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Fiber: 3.42g (13.68%), Copper: 0.25mg (12.41%), Manganese: 0.2mg (9.91%), Potassium: 345.54mg (9.87%), Magnesium: 30.71mg (7.68%), Vitamin B6: 0.13mg (6.58%), Phosphorus: 46.78mg (4.68%), Vitamin B5: 0.42mg (4.21%), Iron: 0.74mg (4.09%), Vitamin B3: 0.81mg (4.05%), Calcium: 38.58mg (3.86%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.37mg (2.49%), Vitamin A: 120.33IU (2.41%), Folate: 8.11µg (2.03%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.5µg (1.43%)