



Goat Cheese-Stuffed Dates

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 dates dried cut in half, pits removed
- ☐ 2 teaspoons parsley fresh finely chopped
- ☐ 1 small garlic clove finely chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 0.1 teaspoon salt

Equipment

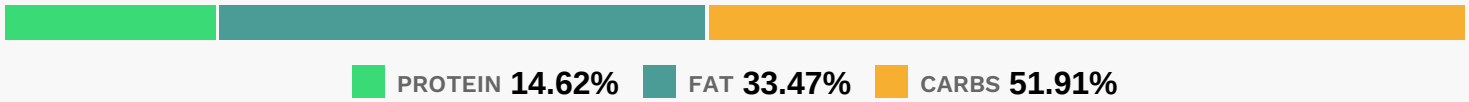
- ☐ bowl

Directions

- ☐
- Combine goat cheese, garlic, parsley and salt in a medium bowl and mash with a fork until blended.

☐☐

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:2.1030434745809%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 77.47kcal (3.87%), Fat: 3.04g (4.68%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.5g (3.45%), Sugar: 9.01g (10.01%), Cholesterol: 6.52mg (2.17%), Sodium: 88.86mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Copper: 0.13mg (6.69%), Phosphorus: 45.56mg (4.56%), Fiber: 1.13g (4.51%), Vitamin B2: 0.06mg (3.74%), Vitamin B6: 0.06mg (3.16%), Vitamin A: 149.96IU (3%), Manganese: 0.06mg (2.86%), Potassium: 97.18mg (2.78%), Calcium: 26.04mg (2.6%), Iron: 0.42mg (2.34%), Magnesium: 8.4mg (2.1%), Vitamin B5: 0.18mg (1.81%), Selenium: 0.87µg (1.24%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.2%), Zinc: 0.18mg (1.17%), Folate: 4.41µg (1.1%)