



## Katy's Dates with Ancho Chili Oil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 tablespoon sage fresh minced
- ☐ 2 cloves garlic minced
- ☐ 10 medjool dates pitted cut in halves or thirds and
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon orange zest grated
- ☐ 8 slices serrano ham cut into 3/4-inch-wide strips thin

☐ 0.5 cup walnuts   minced

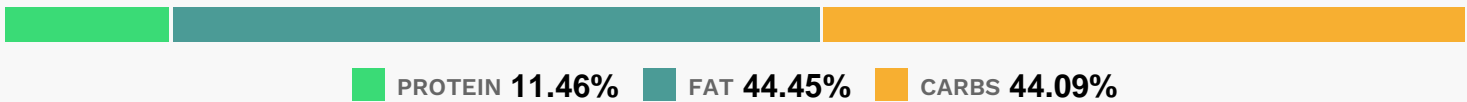
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

## Directions

- ☐ To make the ancho chili oil, put the olive oil and the chili powder in a small pan over low heat and warm gently for 10 minutes; set aside for 1 hour to infuse, then strain through a sheet of paper towel. This can be done the day before.
- ☐ Position a rack at the top of the oven and preheat to 350°F.
- ☐ In a small bowl, mix the walnuts, sage, garlic, orange zest, and olive oil to form a crumbly paste. Using a teaspoon press the paste into the cavities of the dates. Wrap each date with a 3-inch-long strip of the ham. (The dates can be covered and refrigerated until an hour before guests arrive, when they should be brought to room temperature.)
- ☐ Place the dates on an ungreased baking sheet and roast for 5 minutes (8, if they're cold); arrange on a serving tray and drip with the ancho chili oil.
- ☐ Serve warm or at room temperature. Napkins are a must.
- ☐ Serena, Food & Stories
- ☐ Stewart, Tabori & Chang

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:4.0673913709495%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.2kcal (4.11%), Fat: 4.38g (6.74%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 8.59g (3.12%), Sugar: 8.08g (8.98%), Cholesterol: 3mg (1%), Sodium: 116.83mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Copper: 1mg (50.22%), Manganese: 0.18mg (8.85%), Fiber: 1.18g (4.71%), Magnesium: 12.3mg (3.08%), Potassium: 106.93mg (3.06%), Vitamin B6: 0.06mg (2.89%), Vitamin E: 0.43mg (2.87%), Vitamin A: 137.51IU (2.75%), Iron: 0.38mg (2.11%), Phosphorus: 19.35mg (1.94%), Vitamin K: 1.9µg (1.81%), Calcium: 14.55mg (1.46%), Vitamin B3: 0.28mg (1.38%), Vitamin B1: 0.02mg (1.24%), Folate: 4.82µg (1.2%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.17mg (1.13%)