



Maple Nut-Filled Dates

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup cheese soft (see note above)
- ☐ 0.3 cup maple syrup
- ☐ 10 medjool dates
- ☐ 0.3 cup walnuts chopped

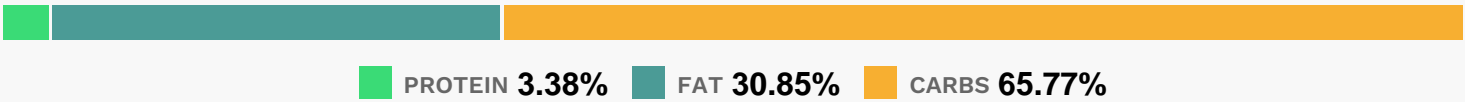
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut dates in half lengthwise and remove pits. Spoon about 1/2 teaspoon cheese into the cavity of each date half. Arrange dates on a serving plate.
- ☐ Melt butter in a 1- to 2-quart pan over low heat, then increase heat to medium and cook until butter is foamy and starting to brown.
- ☐ Add nuts and stir constantly for 1 minute.
- ☐ Add syrup and reduce heat to maintain a simmer. Cook 1 minute, stirring frequently.
- ☐ Remove from heat.
- ☐ Lift nuts from the syrup with a slotted spoon and press a few pieces into the soft cheese in each date.
- ☐ Drizzle syrup over the dates and serve warm.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:2.11, Inflammation Score:-2, Nutrition Score:3.4134782418285%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 137.24kcal (6.86%), Fat: 5.03g (7.74%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 22.33g (8.12%), Sugar: 21.07g (23.41%), Cholesterol: 8.74mg (2.91%), Sodium: 27.84mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Manganese: 0.36mg (17.83%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.8g (7.22%), Copper: 0.13mg (6.72%), Potassium: 205.88mg (5.88%), Magnesium: 19.81mg (4.95%), Vitamin B6: 0.08mg (3.93%), Calcium: 32.84mg (3.28%), Phosphorus: 31.41mg (3.14%), Vitamin A: 147.55IU (2.95%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.43mg (2.16%), Vitamin B1: 0.03mg (1.91%), Zinc: 0.28mg (1.88%), Iron: 0.32mg (1.76%), Folate: 7.02µg (1.75%)