



Pancetta-Wrapped Dates Stuffed with Manchego Cheese and Mint

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 3 ounce manchego cheese cut into twenty 1 1/2 x 1/4 x 1/4-inch strips
- ☐ 20 medjool dates
- ☐ 20 mint leaves fresh whole
- ☐ 12 ounce pancetta italian thinly sliced (bacon)

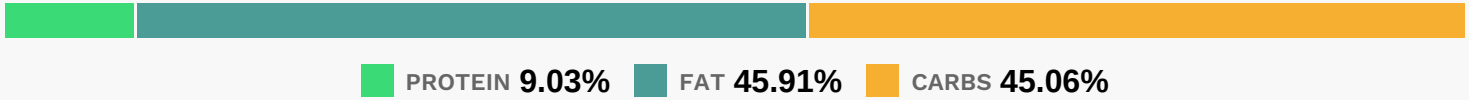
Equipment

- ☐ oven
- ☐ tongs

Directions

- ☐ Cut small slice off 1 short end of each date and discard. Using tweezers or needle-nose pliers, carefully remove pits from date through small opening; discard pits.
- ☐ Place 1 mint leaf across opening of 1 date, covering cavity. Using 1 cheese strip, push mint leaf and cheese into date cavity. Using fingers, pinch date opening closed. Repeat with remaining dates, mint leaves, and cheese strips. Wrap 3 pancetta slices securely around each date, enclosing date completely.
- ☐ Place pancetta-wrapped dates on baking sheet, spacing slightly apart. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 375°F.
- ☐ Bake dates uncovered until pancetta is crisp and bottoms of dates caramelize, about 30 minutes. Using tongs, transfer dates to platter and serve warm.
- ☐ * A Spanish cheese made from sheep's milk; sold at some supermarkets and at specialty food stores.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0934782676075%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 156.35kcal (7.82%), Fat: 8.32g (12.79%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16.67g (6.06%), Sugar: 15.95g (17.73%), Cholesterol: 15.78mg (5.26%), Sodium: 138.97mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Fiber: 1.69g (6.75%), Calcium: 64.14mg (6.41%), Potassium: 206.41mg (5.9%), Vitamin B3: 1.09mg (5.44%), Vitamin B6: 0.11mg (5.31%), Selenium: 3.42µg (4.88%), Copper: 0.1mg (4.87%), Manganese: 0.08mg (4.23%), Phosphorus: 40.1mg (4.01%), Vitamin B1: 0.06mg (3.98%), Magnesium: 15.8mg (3.95%), Vitamin B5: 0.29mg (2.91%), Vitamin A: 107.92IU (2.16%), Zinc: 0.32mg (2.12%), Iron:

0.34mg (1.87%), Vitamin B2: 0.03mg (1.81%), Vitamin B12: 0.09µg (1.42%), Folate: 4.74µg (1.18%)