

Parmesan-Stuffed Dates Wrapped in Bacon

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bacon
- ☐ 18 dates pitted (preferably Medjool)
- ☐ 4.5 inch parmigiano-reggiano (from a)

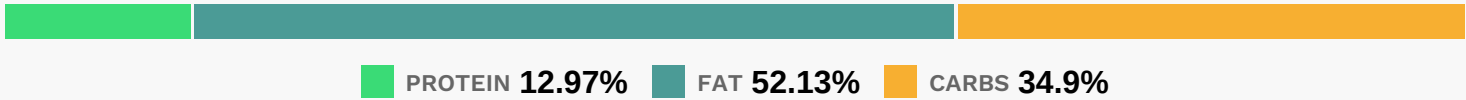
Equipment

- ☐ oven
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Stuff 1 piece of cheese into each date, then wrap 1 piece of bacon around each date, securing it with a pick. Arrange dates 1 inch apart in a shallow baking pan.
- ☐ Bake 5 minutes, then turn dates over with tongs and bake until bacon is crisp, 5 to 6 minutes more.
- ☐ Drain on a paper bag or parchment.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:7.38, Inflammation Score:-1, Nutrition Score:3.7886956428056%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 181.24kcal (9.06%), Fat: 10.81g (16.63%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 14.6g (5.31%), Sugar: 13.38g (14.86%), Cholesterol: 19.77mg (6.59%), Sodium: 269.81mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Calcium: 100.75mg (10.08%), Phosphorus: 98.31mg (9.83%), Selenium: 6.79µg (9.7%), Fiber: 1.68g (6.72%), Vitamin B3: 1.17mg (5.86%), Potassium: 188.43mg (5.38%), Vitamin B6: 0.1mg (5.01%), Vitamin B1: 0.07mg (4.98%), Magnesium: 15.07mg (3.77%), Zinc: 0.53mg (3.55%), Vitamin B12: 0.2µg (3.38%), Vitamin B2: 0.06mg (3.37%), Manganese: 0.06mg (2.95%), Vitamin B5: 0.28mg (2.81%), Copper: 0.05mg (2.75%), Iron: 0.37mg (2.04%), Vitamin A: 70.57IU (1.41%), Folate: 4.53µg (1.13%)