



## Party Poppers

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 pounds specially selected hickory bacon thick sliced
- 4 ounces specially selected brie cheese round
- 8 ounces southern grove dates pitted
- 2 teaspoons stonemill essentials ground pepper black
- 6 ounces southern grove slivered almonds

## Equipment

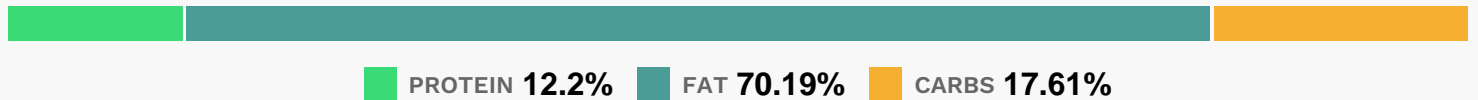
- baking sheet
- oven

- toothpicks
- aluminum foil

## Directions

- Preheat oven to 375 degrees F.
- Cut dates in half, lengthwise.
- Cut brie into bite-size pieces, about the size of a peanut.
- Place a piece of brie and 4 almond pieces on open half of date.
- Place other half on top.
- Quarter bacon slices, wrap tightly around stuffed date and secure with a toothpick.
- Sprinkle with pepper.
- Line a baking sheet with foil and place wrapped dates on top.
- Bake for 15 minutes or until bacon is crispy.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.04, Glycemic Load:3.38, Inflammation Score:-2, Nutrition Score:5.0652173363968%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 202.1kcal (10.11%), Fat: 16.14g (24.83%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.42g (2.7%), Sugar: 6.32g (7.02%), Cholesterol: 23.44mg (7.81%), Sodium: 217.69mg (9.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin E: 1.95mg (13.03%), Manganese: 0.21mg (10.63%), Selenium: 6.97µg (9.95%), Phosphorus: 89.92mg (8.99%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.54mg (7.68%), Magnesium: 27.83mg (6.96%), Vitamin B1: 0.1mg (6.75%), Fiber: 1.68g (6.74%), Vitamin B6: 0.11mg (5.62%), Copper: 0.11mg (5.37%), Potassium: 179.47mg (5.13%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.22µg (3.66%), Calcium: 33.6mg (3.36%), Iron: 0.52mg (2.86%), Vitamin B5: 0.28mg (2.81%), Folate: 8.01µg (2%)