



Pecan-Stuffed Dates with Bacon



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



10

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 slices bacon ready-to-serve
- ☐ 15 dates seedless
- ☐ 15 pecan halves

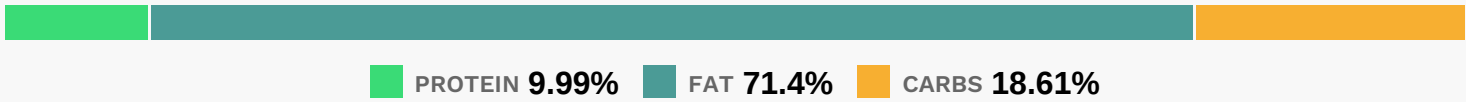
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat 15 pecan halves in a small nonstick skillet over medium-low heat, stirring often, 2 to 3 minutes or until toasted.
- ☐ Cut a lengthwise slit down the center of 15 seedless dates. Stuff 1 pecan half in each date, and wrap each with 1 slice ready-to-serve bacon.
- ☐ Bake at 425 for 8 minutes or until bacon is crisp.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:3.1865217562603%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 181.73kcal (9.09%), Fat: 14.65g (22.54%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.55g (2.74%), Sugar: 6.74g (7.49%), Cholesterol: 21.78mg (7.26%), Sodium: 218.67mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Selenium: 7.03µg (10.04%), Vitamin B3: 1.49mg (7.43%), Vitamin B1: 0.11mg (7.36%), Manganese: 0.13mg (6.28%), Phosphorus: 59.85mg (5.98%), Vitamin B6: 0.11mg (5.48%), Fiber: 1.04g (4.17%), Potassium: 142.83mg (4.08%), Zinc: 0.51mg (3.43%), Copper: 0.06mg (3.03%), Vitamin B12: 0.17µg (2.75%), Magnesium: 11.02mg (2.75%), Vitamin B5: 0.26mg (2.63%), Vitamin B2: 0.04mg (2.14%), Iron: 0.3mg (1.64%), Vitamin E: 0.18mg (1.18%)