



## Portuguese Roll-Ups

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound bacon sliced
- 30 dates

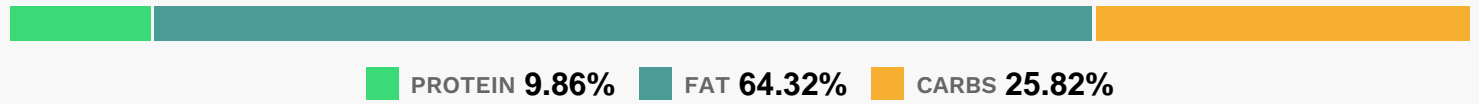
### Equipment

- toothpicks
- broiler

### Directions

- Slice each piece of bacon vertically in half and wrap each piece around a date; place a wooden toothpick through the bacon and date to secure.
- Broil at approximately 400 degrees F (200 degrees C) for about 5 to 10 minutes with broiler tray close to heat source.
- Turn and broil on other side until nicely browned.
- Serve hot.

## Nutrition Facts



### Properties

Glycemic Index:5.2, Glycemic Load:7.32, Inflammation Score:-1, Nutrition Score:4.1026086667958%

### 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: 248.37kcal (12.42%), Fat: 18.08g (27.82%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 14.65g (5.33%), Sugar: 13.31g (14.79%), Cholesterol: 29.94mg (9.98%), Sodium: 300.7mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Selenium: 9.75µg (13.92%), Vitamin B3: 2.09mg (10.46%), Vitamin B1: 0.14mg (9.07%), Phosphorus: 78.34mg (7.83%), Vitamin B6: 0.16mg (7.77%), Fiber: 1.68g (6.72%), Potassium: 227.57mg (6.5%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.38mg (3.75%), Magnesium: 14.47mg (3.62%), Copper: 0.06mg (3.12%), Manganese: 0.06mg (3%), Vitamin B2: 0.05mg (2.98%), Iron: 0.4mg (2.22%), Vitamin E: 0.21mg (1.37%), Vitamin D: 0.18µg (1.21%), Calcium: 10.46mg (1.05%)