



Prosciutto-Wrapped Stuffed Dates

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 dates whole pitted
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 6 ounces goat cheese
- ☐ 6 slices pancetta thin
- ☐ 1 tablespoon shallots minced

Equipment

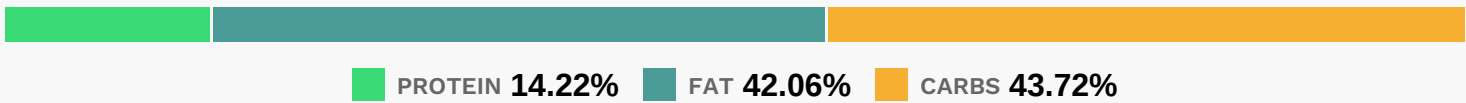
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a small bowl, stirring with a fork. Slice dates lengthwise, cutting to, but not through, other side. Open dates; place 1 rounded teaspoon cheese mixture into each date.
- ☐ Cut 1 prosciutto slice in half lengthwise and then crosswise to make 4 equal pieces. Repeat procedure with remaining prosciutto to form 24 pieces. Wrap each date with 1 prosciutto piece; place dates on a baking sheet lined with parchment paper.
- ☐ Bake at 350 for 8 minutes or until filling is thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:4.94, Inflammation Score:-6, Nutrition Score:2.5260869523753%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 94.88kcal (4.74%), Fat: 4.64g (7.14%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.62g (3.5%), Sugar: 9.07g (10.08%), Cholesterol: 9.16mg (3.05%), Sodium: 79.08mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Copper: 0.14mg (6.94%), Phosphorus: 51.91mg (5.19%), Fiber: 1.24g (4.96%), Vitamin B2: 0.07mg (4.08%), Vitamin B6: 0.07mg (3.71%), Vitamin A: 177.28IU (3.55%), Manganese: 0.07mg (3.45%), Potassium: 110.33mg (3.15%), Iron: 0.54mg (3.02%), Calcium: 28.36mg (2.84%), Magnesium: 9.95mg (2.49%), Selenium: 1.63µg (2.33%), Vitamin B5: 0.21mg (2.06%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.03mg (1.94%), Zinc: 0.23mg (1.55%), Vitamin C: 1.06mg (1.28%), Folate: 4.91µg (1.23%)