



Stuffed Date Roll-Ups

READY IN



35 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon almonds toasted chopped
- ☐ 0.3 cup goat cheese soft (goat)
- ☐ 16 large dates whole
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.5 cup powdered sugar
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned

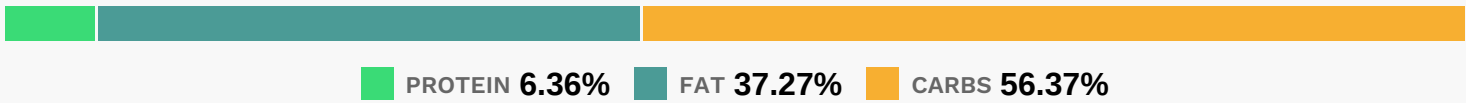
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Cut each date lengthwise along one side; remove pit.
- ☐ Place goat cheese and almonds in quart-size resealable freezer plastic bag or decorating bag fitted with tip with large end; seal bag. Squeeze bag to mix almonds into goat cheese.
- ☐ Cut small hole in 1 corner of plastic bag. Squeeze bag to pipe about 1 teaspoon cheese mixture into each split date.
- ☐ Heat oven to 375°F. Unroll dough and separate into 4 rectangles; firmly press perforations to seal.
- ☐ Cut each into 4 short strips (about 3x1 inch); wrap each stuffed date with 1 dough strip.
- ☐ Place 2 inches apart, seam side down, on ungreased large cookie sheet.
- ☐ Bake 10 to 15 minutes or until golden brown. Meanwhile, in small bowl, mix glaze ingredients. Immediately drizzle glaze over hot roll-ups.
- ☐ Remove from cookie sheet. Cool 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:2.5, Inflammation Score:-1, Nutrition Score:1.119565203138%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 100.58kcal (5.03%), Fat: 4.39g (6.75%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.28g (5.19%), Sugar: 9.68g (10.76%), Cholesterol: 2.18mg (0.73%), Sodium: 128.91mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Copper: 0.06mg (2.81%), Fiber: 0.65g (2.59%), Iron: 0.37mg (2.04%), Phosphorus: 19.65mg (1.96%), Manganese: 0.04mg (1.88%), Vitamin B2: 0.03mg (1.81%), Potassium: 54.06mg (1.54%), Magnesium: 5.58mg (1.4%), Vitamin B6: 0.02mg (1.24%), Vitamin E: 0.17mg (1.15%), Calcium: 11.29mg (1.13%), Vitamin A: 51.95IU (1.04%)