



Sunday Brunch: Savory Elevenes (Devils on Horseback and Cucumber Sandwiches)

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 almonds toasted
- ☐ 4 slices bacon
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 cup cream cheese
- ☐ 12 dates
- ☐ 0.5 cucumber english thinly sliced
- ☐ 4 servings kosher salt black
- ☐ 8 slices sandwich bread white

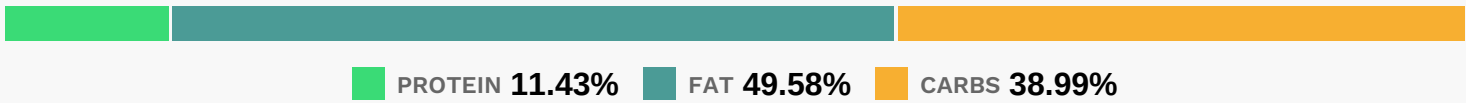
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 400°. Stuff each date with one almond and a few bits of blue cheese, then wrap each date with 1/3 a slice of bacon.
- ☐ Place on a baking sheet and roast in the oven until bacon is crisp, about 8 minutes.
- ☐ Cut the crusts off each piece of bread, using a rolling pin to flatten each slice.
- ☐ Spread cream cheese evenly on one side of each slice of bread, top 4 pieces of bread with cucumber slices, and season with salt and pepper followed by remaining slice of bread.
- ☐ Cut into triangles and serve along with devils on horseback and a strong cup of black tea.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:25.37, Inflammation Score:-6, Nutrition Score:12.646956591502%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 447.98kcal (22.4%), Fat: 25.14g (38.67%), Saturated Fat: 11.31g (70.66%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 41.08g (14.94%), Sugar: 17.86g (19.85%), Cholesterol: 51.62mg (17.21%), Sodium: 797.6mg (34.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Selenium: 20.96µg (29.94%),

Vitamin B1: 0.35mg (23.41%), Manganese: 0.46mg (22.81%), Calcium: 215.9mg (21.59%), Phosphorus: 198.53mg (19.85%), Vitamin B3: 3.82mg (19.09%), Vitamin B2: 0.31mg (18.03%), Folate: 70.04µg (17.51%), Fiber: 3.39g (13.57%), Iron: 2.27mg (12.6%), Potassium: 383.23mg (10.95%), Magnesium: 43.29mg (10.82%), Vitamin A: 517.06IU (10.34%), Vitamin B5: 0.98mg (9.81%), Vitamin B6: 0.19mg (9.64%), Zinc: 1.37mg (9.14%), Copper: 0.17mg (8.53%), Vitamin E: 1.27mg (8.44%), Vitamin K: 7.68µg (7.32%), Vitamin B12: 0.31µg (5.16%), Vitamin C: 1.13mg (1.37%)