



Warm Dates with Soft Blue Cheese and Prosciutto

 **Gluten Free**

READY IN



30 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.5 cup cream cheese
- 12 medjool dates pitted halved
- 2 oz mild cheddar cheese blue loosely packed crumbled
- 2 ounces pancetta thinly sliced cut into 24 thin (1/2 in.) strips (4 to 5 slices)
- 1 tablespoon vegetable oil

Equipment

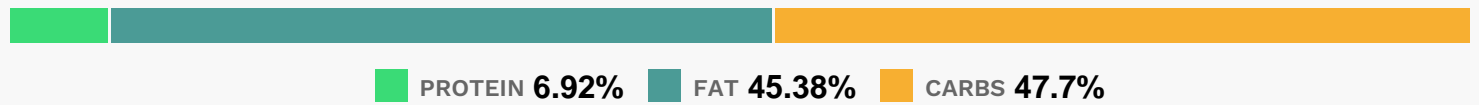
- bowl

frying pan

Directions

- Mash blue cheese and mascarpone in a bowl with a fork until smooth. Fill each date cavity with a rounded 1/2 tsp. cheese. Wrap each half with a strip of prosciutto.
- Warm oil and 1 tbsp. water in a medium nonstick frying pan over low heat.
- Add dates and cook, covered, until warmed through and softened, about 3 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.0856521777485%

Nutrients (% of daily need)

Calories: 148.58kcal (7.43%), Fat: 7.9g (12.16%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.08g (6.21%), Sugar: 16.32g (18.14%), Cholesterol: 17.4mg (5.8%), Sodium: 92.12mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Fiber: 1.61g (6.43%), Calcium: 58.18mg (5.82%), Potassium: 192.52mg (5.5%), Phosphorus: 53.44mg (5.34%), Copper: 0.09mg (4.61%), Selenium: 3.1µg (4.43%), Vitamin A: 211.88IU (4.24%), Vitamin B6: 0.08mg (4.04%), Magnesium: 15.65mg (3.91%), Manganese: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.58%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.29mg (2.93%), Vitamin K: 3.04µg (2.9%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.03mg (1.91%), Vitamin B12: 0.09µg (1.58%), Vitamin E: 0.23mg (1.53%), Iron: 0.25mg (1.41%), Folate: 5.44µg (1.36%)