

Bacon-Wrapped Feta & Almond-Stuffed Dates

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Servings: 16

*16 large Medjool dates
2 ounces Athenos mild feta cheese
32 Planter's Flavor Grove skinless almonds, sea salt & olive oil
8 slices bacon, cut in half*

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Cut a slit in the long side of each date, being careful to not cut completely through the date. Remove and discard the pits.

Cut the cheese into sixteen sticks (1x1/4-inch). Stuff each date with a cheese stick and two almonds.

Wrap a bacon piece around each date, completely enclosing the cheese. Place on the rack of a broiler pan.

Bake for 14 to 15 minutes or until the bacon is crisp, turning after 8 minutes.

Cool for 5 minutes. Transfer to a serving dish.

Serve warm or at room temperature.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 18 Calories; 2g Fat (78.2% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 3mg Cholesterol; 51mg Sodium. Exchanges: 0 Lean Meat; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):

18

Vitamin B6 (mg):

trace

% Calories from Fat: 78.2%
% Calories from Carbohydrates: 0.3%
% Calories from Protein: 21.5%
Total Fat (g): 2g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 3mg
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 51mg
Potassium (mg): 15mg
Calcium (mg): trace
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Vitamin B12 (mcg): .1mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): trace
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 18 **Calories from Fat:** 14

% Daily Values*

Total Fat	2g		2%
	Saturated Fat	1g	3%
Cholesterol	3mg		1%
Sodium	51mg		2%
Total Carbohydrates	trace		0%
	Dietary Fiber	0g	0%
Protein	1g		
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Vitamin A			0%
Vitamin C			2%
Calcium			0%
Iron			0%

* Percent Daily Values are based on a 2000 calorie diet.