

# SWEET 'N SALTY CHOCOLATE DATES

Sweet 'N Salty Chocolate Dates

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 18 (Serving= 2 dates)*

## **Nutrition (per serving)**

Calories: 80

Total Carbohydrate: 13

Total Fat: 3 g

Dietary Fiber: 2 g

Saturated Fat: 1.5 g

Protein: 1 g

Sodium: 51 mg

## **Ingredients**

- 3.5 ounces 70% cacao dark chocolate, broken into pieces (make sure gluten free for GF version)
- 36 pitted dates
- 7 slices turkey bacon, cooked crisp and finely chopped

## Directions

1. Fill a medium saucepan with 1 inch water and bring to boil. Turn heat down to medium-low. Create a double boiler by placing a glass bowl on top of saucepan, assuring the bottom of the bowl does not touch the water. Place chocolate pieces in glass bowl and stir until completely melted.
2. Take bowl of chocolate off of double boiler. Place a stick in the date and dip in melted chocolate, rolling to cover completely.
3. Roll in turkey bacon and set on plate or baking sheet.
4. Place in refrigerator for 1 hour prior to serving.