



Healthdor

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## Cheese-stuffed Prunes with Almonds ♦

Cheese-stuffed prunes with almonds is a delicious appetizer or snack that combines the sweetness of prunes with the creaminess of cheese and the crunchiness of almonds. It is a popular dish in Mediterranean cuisine and is often served as part of a tapas spread or as an hors d'oeuvre at parties.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

200 g	Prunes
100 g	cream cheese
50 g	almonds

## Directions

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### Step 1

Cutting

Cut a slit in each prune and remove the pit.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Fill each prune with a small amount of cream cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Press an almond into the cream cheese filling of each prune.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 4 g

**Carbohydrates:** 24 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	24 g	43.64%	48%
Fibers	3 g	7.89%	12%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

The Whole30 Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

### Course

Appetizers

Side Dishes

Snacks

### Cultural

Chinese New Year

Hanukkah

### Meal Type

Snack

Supper

## Difficulty Level

Medium

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