



Apricot and Rosemary Skewers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 apricots
- 1.8 oz butter salted
- 3 tablespoons honey
- 1 orange juice
- 0.5 cup peaches
- 12 stalks rosemary

Equipment

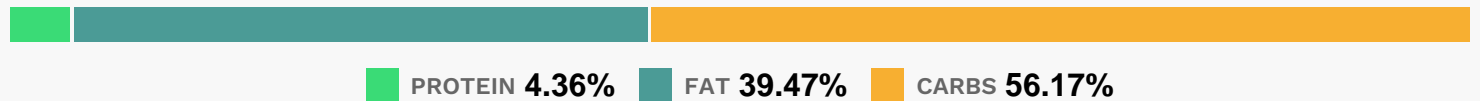
- sauce pan

- grill
- skewers

Directions

- Cut the apricots in two, spear them on the stalks of rosemary, making them overlap.
- For the syrup, combine the honey with the orange juice, reduce in a saucepan, add the butter and the peach liqueur, reduce again: the texture should be syrupy.
- Cook the apricot skewers over high heat for 5 minutes.
- Serve immediately, coated with syrup.
- non-vintage fizzy or a luscious sweet chenin blanc
- From Stéphane Reynaud's Barbecue & Grill by Stéphane Reynaud. Text copyright © 2011 Murdoch Books Pty Ltd.; photography copyright © 2011 Petrina Tinsley. Published in the United States by Lyons Press, an imprint of Globe Pequot Press.

Nutrition Facts



Properties

Glycemic Index:51.03, Glycemic Load:9.77, Inflammation Score:-9, Nutrition Score:7.003912995043%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 158.12kcal (7.91%), Fat: 7.47g (11.5%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 20.74g (7.54%), Sugar: 20.24g (22.49%), Cholesterol: 17.78mg (5.93%), Sodium: 57.41mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Vitamin A: 2353.33IU (47.07%), Vitamin C: 17.3mg (20.97%), Fiber: 3.19g (12.74%), Potassium: 334.15mg (9.55%), Vitamin E: 1.22mg (8.16%), Manganese: 0.14mg

(6.79%), Iron: 1.1mg (6.13%), Copper: 0.11mg (5.55%), Vitamin B6: 0.1mg (5.07%), Folate: 19.82µg (4.95%), Calcium: 43.48mg (4.35%), Magnesium: 17.4mg (4.35%), Vitamin K: 4.44µg (4.23%), Vitamin B3: 0.81mg (4.05%), Vitamin B2: 0.06mg (3.78%), Vitamin B1: 0.05mg (3.62%), Phosphorus: 32.48mg (3.25%), Vitamin B5: 0.31mg (3.07%), Zinc: 0.34mg (2.26%)