



Apricot and Rosemary Tartines

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 apricots cut into halves and pit removed
- ☐ 4 slices bread toasted
- ☐ 1 tbsp butter
- ☐ 4 servings honey to taste
- ☐ 4 servings olive oil
- ☐ 3 sprigs rosemary
- ☐ 1 tbsp sugar

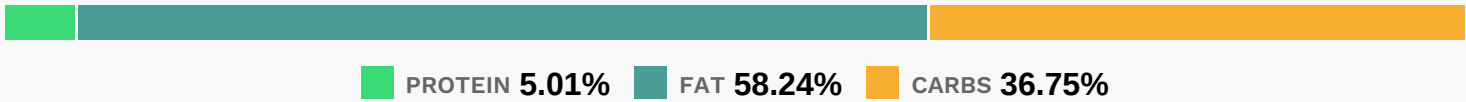
Equipment

☐ frying pan

Directions

- ☐ In a pan, melt the butter and and place the apricots skin side up and let it cook gently until caramelised. Scatter some rosemary leaves over it.Flip them over and sprinkle with sugar.
- ☐ Let them continue to cook and sprinkle some more rosemary on this side.When the apricots being to soften, drizzle with honey. Taste it as you go along.Cook until softened and caramelised all over.In a plate, place the toasted bread and drizzle with olive oil. Top with apricot halves.
- ☐ Drizzle some more honey and serve!

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:13.59, Inflammation Score:-6, Nutrition Score:6.4995651909191%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 275.81kcal (13.79%), Fat: 18.31g (28.16%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 24.13g (8.77%), Sugar: 13.58g (15.09%), Cholesterol: 7.63mg (2.54%), Sodium: 156.24mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Manganese: 0.37mg (18.39%), Vitamin E: 2.46mg (16.42%), Vitamin A: 765.72IU (15.31%), Selenium: 8.21µg (11.73%), Vitamin K: 11.2µg (10.67%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.13mg (8.41%), Fiber: 1.87g (7.46%), Iron: 1.28mg (7.09%), Folate: 27.43µg (6.86%), Vitamin B2: 0.09mg (5.25%), Phosphorus: 45.35mg (4.54%), Vitamin C: 3.64mg (4.41%), Calcium: 41.95mg (4.2%), Potassium: 135.54mg (3.87%), Magnesium: 15.36mg (3.84%), Copper: 0.07mg (3.59%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.38mg (2.55%)