



Apricots Stuffed with Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



44 kcal

SIDE DISH

Ingredients

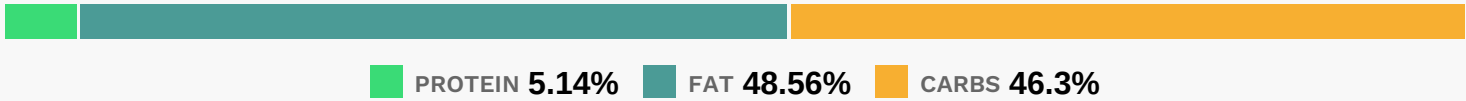
- ☐ 0.3 cup almonds toasted
- ☐ 24 apricot dried
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 clove garlic smashed
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil

Equipment

Directions

- ☐ Slice apricots on one side to form a pitalikepocket. Grind remaining ingredients in a smallfood processor until fine. Stuff each apricotwith mixture and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:1.5986956578234%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.84kcal (2.19%), Fat: 2.54g (3.9%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.35g (4.84%), Cholesterol: 0mg (0%), Sodium: 0.94mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin E: 0.98mg (6.54%), Vitamin A: 297.23IU (5.94%), Fiber: 0.79g (3.17%), Potassium: 106.07mg (3.03%), Manganese: 0.06mg (2.87%), Copper: 0.04mg (2.2%), Magnesium: 6.82mg (1.7%), Iron: 0.29mg (1.62%), Vitamin B2: 0.02mg (1.39%), Vitamin B3: 0.27mg (1.33%), Phosphorus: 13.24mg (1.32%), Vitamin K: 1.3µg (1.24%)