



Apricots with Basil-Goat Cheese and Almonds

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 almonds
- ☐ 40 apricots dried
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 4 ounces goat cheese such as laura chenel fresh at room temperature
- ☐ 2 teaspoons honey
- ☐ 2 tsp milk

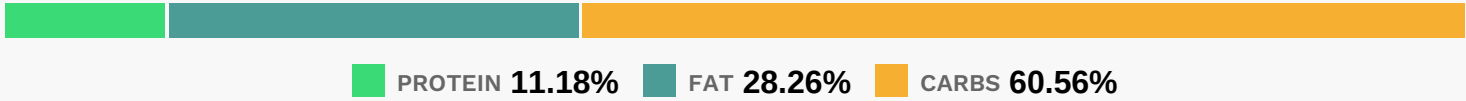
Equipment

- ☐ wooden spoon

Directions

- ☐ Mix together cheese, 2 tsp. milk, and basil with a wooden spoon until spreadable. Thin with more milk if necessary.
- ☐ Spread a heaping 1/4 tsp. cheese on each apricot and top each with an almond.
- ☐ Drizzle with honey.
- ☐ *Find dried Blenheims and Spanish Marcona almonds (or California-grown Marchini, which are similar) at well-stocked grocery stores, or order Blenheims from B&R Farms (brfarms.com) and Marchini from J. Marchini Farms (marchinialmond.com).
- ☐ Make ahead: 1 day ahead. Bring to room temperature, and drizzle with honey before serving.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:4.38, Inflammation Score:-6, Nutrition Score:4.0730434630228%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg 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: 90.11kcal (4.51%), Fat: 3.06g (4.7%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 12.84g (4.67%), Sugar: 12.37g (13.75%), Cholesterol: 3.56mg (1.19%), Sodium: 30.28mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin A: 862.12IU (17.24%), Vitamin E: 1.62mg (10.82%), Copper: 0.16mg (7.87%), Potassium: 271.25mg (7.75%), Fiber: 1.9g (7.59%), Manganese: 0.12mg (6.12%), Phosphorus: 48.19mg (4.82%), Iron: 0.82mg (4.57%), Vitamin B2: 0.08mg (4.49%), Magnesium: 15.51mg (3.88%), Vitamin B3: 0.69mg (3.43%), Calcium: 30.84mg (3.08%), Vitamin B6: 0.05mg (2.71%), Vitamin K: 1.91µg (1.82%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.24mg (1.62%), Selenium: 0.81µg (1.16%), Folate: 4.41µg (1.1%)