



Bacon-Wrapped Figs

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 figs
- 2 Tbsp goat cheese
- 6 slices oscar mayer center cut bacon

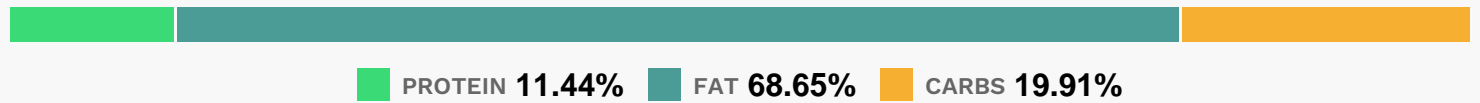
Equipment

- frying pan
- paper towels
- broiler

Directions

- Heat broiler.
- Spread cheese onto cut sides of figs; wrap with bacon, overlapping ends of bacon under figs.
- Place figs, cut sides up, in shallow pan.
- Broil, 6 inches from heat, 8 to 10 min. or until bacon is crisp.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:1.237826090792%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 59.83kcal (2.99%), Fat: 4.63g (7.12%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.58g (0.94%), Sugar: 2.46g (2.73%), Cholesterol: 7.77mg (2.59%), Sodium: 76.8mg (3.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Selenium: 2.24µg (3.2%), Vitamin B1: 0.04mg (2.65%), Vitamin B3: 0.5mg (2.5%), Vitamin B6: 0.05mg (2.46%), Phosphorus: 21.24mg (2.12%), Fiber: 0.44g (1.74%), Potassium: 56.55mg (1.62%), Vitamin B2: 0.02mg (1.27%), Copper: 0.03mg (1.26%), Vitamin B5: 0.11mg (1.14%), Manganese: 0.02mg (1.09%), Zinc: 0.16mg (1.09%), Magnesium: 4.07mg (1.02%)