



Bacon-Wrapped Figs

 Gluten Free

READY IN



21 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices bacon ready-to-serve
- ☐ 2 tablespoons basil fresh chopped
- ☐ 6 large figs fresh
- ☐ 4 oz goat cheese softened
- ☐ 12 pecans toasted

Equipment

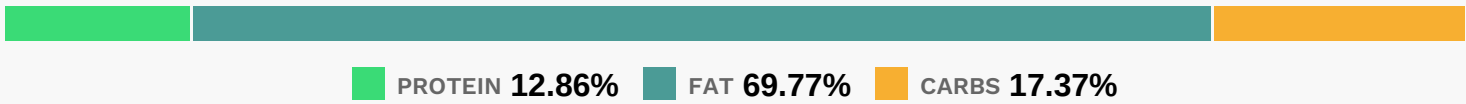
- ☐ frying pan
- ☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Stir together goat cheese and basil.
- ☐ Cut figs in half lengthwise.
- ☐ Place 1 heaping teaspoonful goat cheese mixture and 1 toasted pecan half on cut side of each fig half. Wrap 1 ready-to-serve bacon slice around each fig half, and secure with a wooden pick.
- ☐ Place figs on a wire rack in a 15- x 10-inch jelly-roll pan, and bake 6 to 8 minutes or until bacon is crisp and browned.
- ☐ Note: We tested with Oscar Mayer Fully Cooked Bacon.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:2.8326087049816%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 120.09kcal (6%), Fat: 9.46g (14.56%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.45g (1.62%), Sugar: 4.29g (4.76%), Cholesterol: 15.09mg (5.03%), Sodium: 144.6mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Selenium: 3.84µg (5.49%), Phosphorus: 51.53mg (5.15%), Vitamin B1: 0.08mg (5.11%), Vitamin B6: 0.1mg (4.87%), Manganese: 0.1mg (4.79%), Copper: 0.1mg (4.76%), Vitamin B3: 0.86mg (4.29%), Fiber: 0.85g (3.42%), Vitamin B2: 0.06mg (3.38%), Potassium: 101.58mg (2.9%), Vitamin A: 135.65IU (2.71%), Zinc: 0.37mg (2.46%), Vitamin K: 2.49µg (2.37%), Vitamin B5: 0.24mg (2.36%), Magnesium: 9.2mg (2.3%), Calcium: 21.68mg (2.17%), Iron: 0.35mg (1.93%), Vitamin B12: 0.1µg (1.71%)