



Baked figs & goat's cheese with radicchio



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 6 servings oil for brushing
- ☐ 6 figs
- ☐ 200 g goat's cheese soft
- ☐ 1 head radicchio thinly
- ☐ 85 g walnut pieces
- ☐ 6 tbsp olive oil
- ☐ 3 tbsp balsamic vinegar

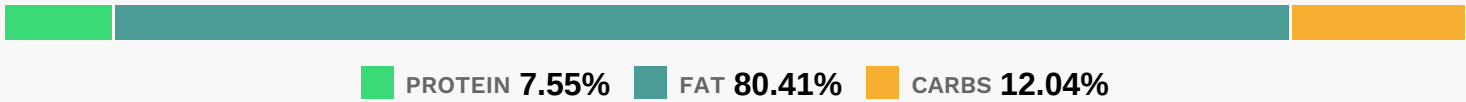
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 160C/conventional 180C/gas
- ☐ Unless the baking sheet is non stick, line it with foil, then brush the foil lightly with oil.
- ☐ Cut the figs into quarters, from the top almost to the base, and arrange on the foil. Slice the goats cheese and arrange in the centre of the figs.
- ☐ Bake for 10–15 minutes until the cheese is melted and tinged brown.
- ☐ Meanwhile, whisk the dressing ingredients with some seasoning. Put a couple of good radicchio leaves on each serving plate.
- ☐ Remove the figs from the oven and place on the radicchio leaves. Scatter the walnuts on top.
- ☐ Drizzle with the dressing and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:5.85, Inflammation Score:-6, Nutrition Score:15.159999997719%

Flavonoids

Cyanidin: 59.9mg, Cyanidin: 59.9mg, Cyanidin: 59.9mg, Cyanidin: 59.9mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 482.94kcal (24.15%), Fat: 44.53g (68.51%), Saturated Fat: 8.75g (54.67%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 12.17g (4.43%), Sugar: 10.29g (11.44%), Cholesterol: 15.33mg (5.11%), Sodium: 135.84mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin K: 140.74µg (134.04%), Vitamin E: 5.73mg (38.23%), Copper: 0.67mg (33.27%), Manganese: 0.66mg (32.79%), Phosphorus: 161.54mg (16.15%), Folate:

48.88µg (12.22%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.82g (11.28%), Vitamin B2: 0.19mg (10.94%), Magnesium: 43.24mg (10.81%), Potassium: 337.17mg (9.63%), Iron: 1.63mg (9.07%), Calcium: 89.22mg (8.92%), Vitamin A: 430.77IU (8.62%), Zinc: 1.12mg (7.43%), Vitamin B1: 0.11mg (7.27%), Vitamin C: 4.92mg (5.96%), Vitamin B5: 0.58mg (5.83%), Vitamin B3: 0.62mg (3.11%), Selenium: 2.15µg (3.07%), Vitamin B12: 0.06µg (1.06%)