



Caramelized Fresh Figs with Sweet Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup crème fraîche
- ☐ 8 large figs fresh cut in half lengthwise
- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon sugar

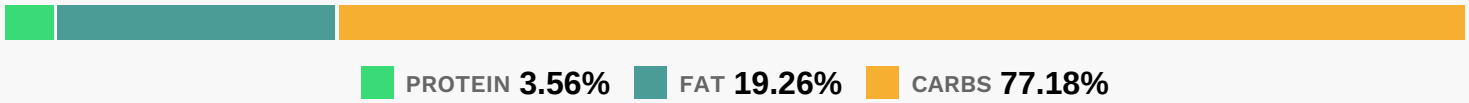
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Brush honey on cut sides of figs. Lightly spray cut sides of figs with cooking spray.
- ☐ Place figs, cut sides down, on grill rack, and grill for 3 minutes or until grill marks appear.
- ☐ Remove from grill.
- ☐ Combine crme frache and 1/2 teaspoon sugar; spoon over figs.

Nutrition Facts



Properties

Glycemic Index:45.84, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:4.3917391300201%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 135.75kcal (6.79%), Fat: 3.17g (4.88%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 24.9g (9.06%), Sugar: 24.73g (27.47%), Cholesterol: 8.48mg (2.83%), Sodium: 5.88mg (0.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Fiber: 3.72g (14.88%), Potassium: 316.76mg (9.05%), Manganese: 0.17mg (8.41%), Vitamin B6: 0.15mg (7.57%), Calcium: 59.53mg (5.95%), Vitamin K: 6.23µg (5.93%), Magnesium: 23.27mg (5.82%), Vitamin A: 271.32IU (5.43%), Vitamin B1: 0.08mg (5.31%), Vitamin B2: 0.09mg (5.27%), Copper: 0.09mg (4.67%), Vitamin B5: 0.43mg (4.35%), Vitamin C: 2.71mg (3.28%), Phosphorus: 28.99mg (2.9%), Iron: 0.5mg (2.77%), Vitamin B3: 0.53mg (2.65%), Folate: 8.61µg (2.15%), Zinc: 0.25mg (1.65%), Vitamin E: 0.2mg (1.3%), Selenium: 0.82µg (1.17%)