



## Citrus-Ricotta Spread with Figs, Honey & Basil

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



175 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 Tbsp basil strips fresh divided thin
- 0.1 tsp pepper black divided freshly ground
- 0.3 cup figs dried divided finely chopped
- 1 tsp honey
- 1 tsp lemon zest
- 1 cup polly-o original ricotta cheese
- 15 servings woven wheat crackers thin

### Equipment

## Directions

- Combine cheese, 2 Tbsp. figs, 1 Tbsp. basil, zest and dash pepper.
- Spread into 6- to 7-inch circle on serving plate.
- Top with remaining figs, basil, pepper and honey.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:14.15, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:1.9130434769651%

## Nutrients (% of daily need)

Calories: 174.93kcal (8.75%), Fat: 7.14g (10.98%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 21.97g (7.99%), Sugar: 5.56g (6.18%), Cholesterol: 8.43mg (2.81%), Sodium: 241.12mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Fiber: 2.26g (9.04%), Calcium: 58.61mg (5.86%), Iron: 0.87mg (4.83%), Vitamin K: 4.08µg (3.89%), Selenium: 2.42µg (3.46%), Phosphorus: 28.32mg (2.83%), Vitamin A: 118.29IU (2.37%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.22mg (1.44%), Manganese: 0.03mg (1.29%), Potassium: 37.4mg (1.07%), Magnesium: 4.1mg (1.03%)