



Delicious in Five Minutes or Less: Fig and Speck Salad

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

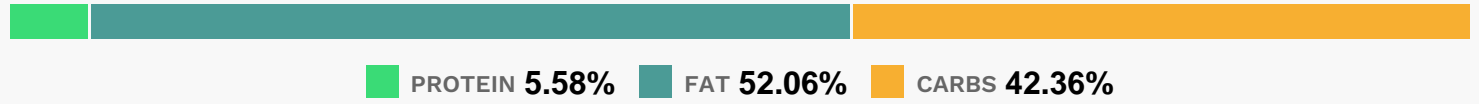
- 8 basil
- 4 servings coarse salt such as maldon
- 12 figs split
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 ounces speck paper thin

Equipment

Directions

- Arrange figs and speck on platter. Top with basil.
- Drizzle with olive oil.
- Sprinkle lightly with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:14.92, Inflammation Score:-4, Nutrition Score:6.6182609355968%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 261.73kcal (13.09%), Fat: 15.89g (24.45%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 24.73g (8.99%), Sugar: 24.45g (27.17%), Cholesterol: 14.03mg (4.68%), Sodium: 336.22mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Fiber: 4.36g (17.45%), Vitamin K: 14.58µg (13.89%), Vitamin B6: 0.23mg (11.36%), Potassium: 392.57mg (11.22%), Manganese: 0.2mg (10.2%), Vitamin B1: 0.15mg (9.93%), Vitamin E: 1.27mg (8.47%), Vitamin B3: 1.46mg (7.31%), Magnesium: 28.57mg (7.14%), Selenium: 4.58µg (6.54%), Copper: 0.12mg (5.86%), Vitamin B5: 0.57mg (5.7%), Calcium: 55.17mg (5.52%), Vitamin B2: 0.09mg (5.46%), Vitamin A: 263.07IU (5.26%), Phosphorus: 52.07mg (5.21%), Iron: 0.71mg (3.94%), Vitamin C: 3.14mg (3.81%), Zinc: 0.48mg (3.22%), Folate: 9.54µg (2.39%), Vitamin B12: 0.11µg (1.77%)