



Delish Black Mission Figs!

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- 8 mission figs black cut in half
- 2 tablespoons honey to taste
- 3 slices pancetta trimmed cut into strips

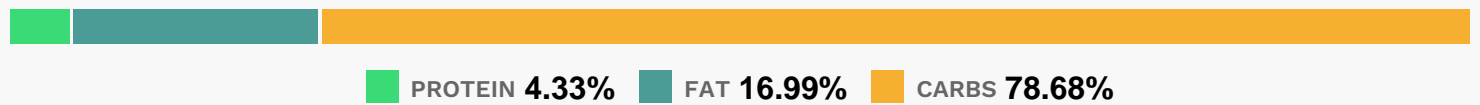
Equipment

- baking sheet
- oven
- broiler

Directions

- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Arrange fig halves, cut sides up, on a baking sheet. Top each fig half with goat cheese; lay prosciutto strips atop goat cheese layer.
- Broil figs in the preheated oven until prosciutto is crisp and goat cheese is melted, 3 to 5 minutes.
- Transfer the warm figs to a serving platter and drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:28.32, Glycemic Load:14.45, Inflammation Score:-2, Nutrition Score:3.5139130600121%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 130.94kcal (6.55%), Fat: 2.68g (4.13%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 25.01g (9.09%), Sugar: 24.92g (27.69%), Cholesterol: 3.96mg (1.32%), Sodium: 41.14mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Fiber: 2.92g (11.68%), Potassium: 249.34mg (7.12%), Manganese: 0.14mg (6.85%), Vitamin B6: 0.13mg (6.57%), Vitamin B1: 0.08mg (5.1%), Magnesium: 17.93mg (4.48%), Vitamin K: 4.7µg (4.48%), Copper: 0.08mg (3.82%), Calcium: 35.93mg (3.59%), Vitamin B2: 0.06mg (3.46%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.65mg (3.27%), Vitamin A: 144.22IU (2.88%), Vitamin C: 2.05mg (2.49%), Iron: 0.44mg (2.44%), Phosphorus: 23.06mg (2.31%), Selenium: 1.49µg (2.13%), Zinc: 0.24mg (1.63%), Folate: 6.21µg (1.55%)