




Dried Apricots with Goat Cheese and Pistachios

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



100

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds apricot dried
- 1 pound goat cheese chilled soft
- 1.5 cups orange juice fresh
- 1.5 cups pistachios shelled toasted

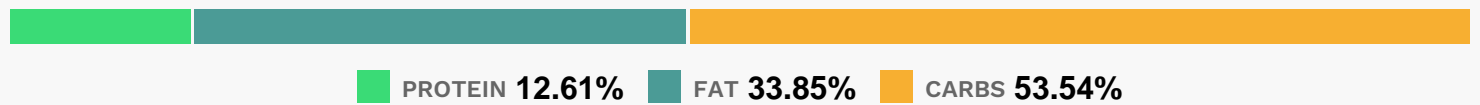
Equipment

- paper towels

Directions

- Toss apricots with juice and let stand, tossing occasionally, 20 minutes.
- Chop all pistachios, preferably by hand, and season with salt.
- Drain apricots, cut sides up, on paper towels. Top each with a small chunk of cheese and sprinkle with nuts.
- You can assemble these 1 day ahead and chill them, covered, but they can't be stacked and will take up a lot of refrigerator space.

Nutrition Facts



Properties

Glycemic Index:1.03, Glycemic Load:1.93, Inflammation Score:-3, Nutrition Score:2.0365217525674%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 45.88kcal (2.29%), Fat: 1.85g (2.84%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 5.71g (2.08%), Sugar: 5.34g (5.93%), Cholesterol: 2.09mg (0.7%), Sodium: 17.66mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 388.9IU (7.78%), Copper: 0.09mg (4.5%), Potassium: 132.76mg (3.79%), Fiber: 0.86g (3.44%), Vitamin E: 0.44mg (2.97%), Vitamin B6: 0.06mg (2.86%), Phosphorus: 27.73mg (2.77%), Vitamin C: 2.05mg (2.49%), Manganese: 0.05mg (2.43%), Iron: 0.41mg (2.26%), Vitamin B2: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.6%), Magnesium: 6.27mg (1.57%), Vitamin B3: 0.29mg (1.47%), Calcium: 13.69mg (1.37%)