



Dried Fig Souvlaki

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 large figs dried (preferably Greek)
- ☐ 9 inch feta cheese
- ☐ 18 large sage fresh
- ☐ 18 servings olive oil extra virgin extra-virgin
- ☐ 18 slices pancetta thin

Equipment

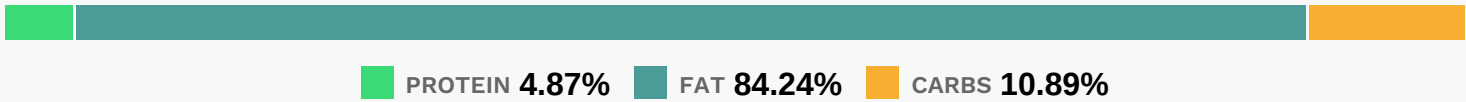
- ☐ frying pan
- ☐ knife

- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ Using small sharp knife, cut stem from top of each fig, then cut straight down from top center to make 3/4-inch-deep, 1/2-inch-long slit in fig. Fill slit in each fig with cube of feta cheese, then press opening closed.
- ☐ Place 1 slice of pastourma on work surface; top with sage leaf.
- ☐ Place stuffed fig at 1 end and roll up to enclose fig. Secure with toothpick. Repeat with remaining pastourma, sage, and figs. DO AHEAD: Can be made 1 day ahead.
- ☐ Arrange on plate, cover tightly with plastic wrap, and chill.
- ☐ Let stand at room temperature 1 hour before continuing.
- ☐ Pour enough oil into large skillet to cover bottom.
- ☐ Heat over medium-high heat.
- ☐ Add figs. Cook until pastourma begins to crisp, about 2 minutes per side.
- ☐ Transfer to large platter.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:3.4647826004935%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 199.62kcal (9.98%), Fat: 19.08g (29.35%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.76g (1.73%), Sugar: 3.83g (4.26%), Cholesterol: 12.85mg (4.28%), Sodium: 150.94mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin E: 2.09mg (13.96%), Vitamin K: 9.83µg (9.36%), Copper: 0.15mg (7.6%), Calcium: 55.67mg (5.57%), Vitamin B2: 0.08mg (4.99%), Phosphorus: 45.54mg

(4.55%), Selenium: 2.93µg (4.19%), Vitamin B6: 0.07mg (3.29%), Fiber: 0.79g (3.15%), Vitamin B12: 0.18µg (3.06%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.39mg (2.62%), Manganese: 0.05mg (2.4%), Vitamin B3: 0.46mg (2.28%), Potassium: 75.82mg (2.17%), Magnesium: 8.08mg (2.02%), Iron: 0.33mg (1.85%), Vitamin B5: 0.16mg (1.61%)