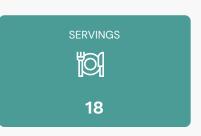


Dried Fig Souvlaki

Gluten Free







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
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knife

	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			
	PROTEIN 4.87% FAT 84.24% CARBS 10.89%		

Properties

plastic wrap

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

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 %: O% (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%)