



Dulce de Leche Ice Cream with Honey-Orange Roasted Figs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons honey
- ☐ 0.8 cup orange juice

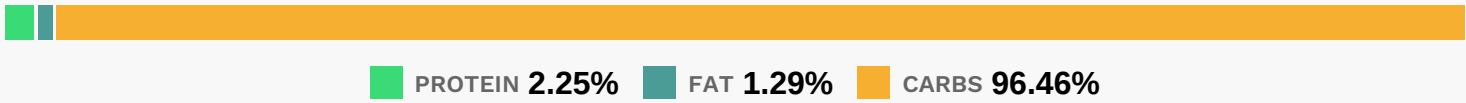
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Boil orange juice and honey in small saucepan until reduced to generous 1/3 cup, about 10 minutes.
- ☐ Place in 8x8x2-inch glass baking dish and pour orange mixture over: 1 pound large black Mission figs, quartered
- ☐ Bake until figs are tender and liquid is slightly syrupy, about 20 minutes, adding more orange juice by tablespoonfuls if mixture becomes too thick. Spoon figs and syrup over dulce de leche ice cream and serve.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:5.4, Inflammation Score:-1, Nutrition Score:1.4608695655251%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 40.55kcal (2.03%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 10.35g (3.77%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 0.66mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 15.54mg (18.84%), Folate: 9.48µg (2.37%), Potassium: 66.55mg (1.9%), Vitamin B1: 0.03mg (1.86%), Vitamin A: 62IU (1.24%)