





## Elegant Fig Appetizers with Goat Cheese and Almonds

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



24

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 almonds
- 2 teaspoons balsamic vinegar
- 12 figs fresh halved
- 4 ounces goat cheese (chevre)
- 1 tablespoon honey

### Equipment

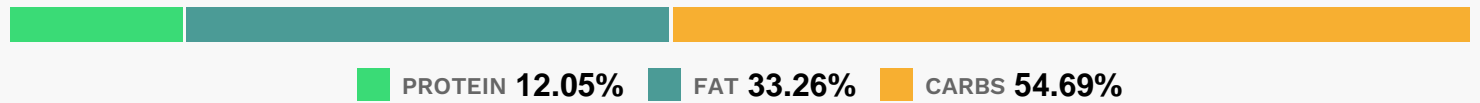
- baking sheet

- oven
- broiler

## Directions

- Preheat the oven broiler for high heat.
- Place the fig halves, cut side up, on a baking sheet. Top each half with about 1/2 teaspoon goat cheese.
- Place one almond on each, press to push the cheese slightly into each fig.
- Broil the figs in the preheated oven until the cheese is soft and the almonds are turning a rich shade of brown, 2 to 3 minutes.
- Remove from the broiler and let cool for 5 minutes. Arrange the figs on a serving platter and drizzle with honey and balsamic vinegar.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:7.22, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.472608708817%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 39.79kcal (1.99%), Fat: 1.57g (2.42%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.96g (1.8%), Sugar: 4.94g (5.49%), Cholesterol: 2.17mg (0.72%), Sodium: 17.78mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Fiber: 0.85g (3.41%), Copper: 0.06mg (3.14%), Manganese: 0.06mg (3.04%), Vitamin B2: 0.04mg (2.48%), Vitamin B6: 0.04mg (2.08%), Phosphorus: 20.52mg (2.05%), Vitamin E: 0.29mg (1.95%), Magnesium: 7.77mg (1.94%), Potassium: 67.48mg (1.93%), Calcium: 18.22mg (1.82%), Vitamin A: 84.32IU (1.69%), Vitamin B1: 0.02mg (1.36%), Iron: 0.23mg (1.26%), Vitamin K: 1.26µg (1.2%), Vitamin B5: 0.11mg (1.12%)