



## Fig and Goat Cheese Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

### Ingredients

- ☐ 6 ounces chèvre fresh (goat cheese)
- ☐ 9 firm-ripe figs fresh ( 12 oz. total; see note above)
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 1 clove garlic peeled halved
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 4 pita breads (7 in. wide)
- ☐ 8 servings salt and cracked pepper black

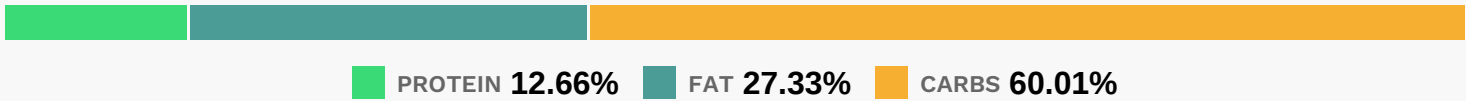
### Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 35
- ☐ Lay pita breads on two 12- by 15-inch baking sheets and bake until lightly golden and slightly crisp at the edges, 6 to 8 minutes.
- ☐ While breads are still warm, brush with olive oil and rub generously with the cut sides of the garlic clove.
- ☐ Rinse and stem figs.
- ☐ Cut lengthwise into 1/4-inch-thick wedges. Distribute wedges over breads. Crumble goat cheese over the top and drizzle with honey.
- ☐ Sprinkle with thyme leaves and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.66, Glycemic Load:23.62, Inflammation Score:-9, Nutrition Score:5.8308695554733%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 216.49kcal (10.82%), Fat: 6.77g (10.41%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 30.92g (11.24%), Sugar: 15.83g (17.59%), Cholesterol: 9.78mg (3.26%), Sodium: 423.25mg (18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Manganese: 0.27mg (13.55%), Copper: 0.26mg (12.79%), Fiber: 2.52g (10.06%), Phosphorus: 92.21mg (9.22%), Vitamin B2: 0.15mg (8.69%), Vitamin B1: 0.13mg (8.33%), Calcium: 81.91mg (8.19%), Vitamin A: 382.69IU (7.65%), Iron: 1.36mg (7.56%), Vitamin B6: 0.14mg (6.94%), Magnesium: 23.3mg (5.83%), Potassium: 185.94mg (5.31%), Vitamin C: 4.08mg (4.95%), Vitamin B3:

0.96mg (4.8%), Vitamin B5: 0.44mg (4.39%), Vitamin K: 4.09µg (3.89%), Zinc: 0.57mg (3.79%), Folate: 13.6µg (3.4%), Vitamin E: 0.35mg (2.35%), Selenium: 0.82µg (1.18%)