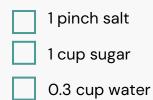




Ingredients

- 1 pinch pepper black
- 1 tablespoon champagne vinegar
- 11 egg yolks
- 1 pint kadota figs halved
- 2 cups heavy whipping cream
- 3 tablespoons honey
- 2 tablespoons olive oil
- 1 pound ricotta cheese



Equipment

- bowl
- frying pan
- sauce pan
- hand mixer

Directions

Nutrition Facts
Let stand at room temperature about 15 minutes before serving. Scoop into serving dishes, and top with remaining figs and reserved roasting juices.
Pour into a 13- x 9-inch dish, and freeze overnight.
Beat whipping cream at medium speed with an electric mixer until stiff peaks form; fold into egg yolk mixture. Fold in ricotta cheese. Chop half of figs, and fold into egg yolk mixture, reserving remaining figs for topping.
Beat egg yolks at high speed with an electric mixer until thick and bright yellow. Slowly pour hot sugar mixture into yolks, beating at high speed until well incorporated; cool to room temperature.
Combine sugar and water in a small saucepan, and place over medium-high heat. Heat the mixture to 240; remove from heat.
Place figs on a jelly-roll pan, and roast at 400 for 10 to 15 minutes or until almost tender. Reserve juices, and set aside.
Combine honey, olive oil, and Champagne vinegar in a small bowl. Toss with halved figs, salt, and pepper.

PROTEIN 8.45% 📕 FAT 59.67% 📒 CARBS 31.88%

Properties

Glycemic Index:24.24, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:9.4721740587898%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Quercetin: 2.59mg, Quercetin: 2

Nutrients (% of daily need)

Calories: 460.75kcal (23.04%), Fat: 31.32g (48.19%), Saturated Fat: 17.02g (106.35%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.26g (13.19%), Sugar: 34.47g (38.3%), Cholesterol: 290.76mg (96.92%), Sodium: 65.73mg (2.86%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.98g (19.97%), Selenium: 19.36µg (27.66%), Vitamin A: 1254.33IU (25.09%), Vitamin B2: 0.31mg (18.37%), Phosphorus: 183.51mg (18.35%), Calcium: 168.33mg (16.83%), Vitamin D: 1.92µg (12.81%), Vitamin B12: 0.62µg (10.27%), Folate: 39.22µg (9.81%), Vitamin E: 1.45mg (9.69%), Vitamin B5: 0.96mg (9.56%), Vitamin B6: 0.16mg (8.02%), Zinc: 1.18mg (7.89%), Potassium: 228.63mg (6.53%), Vitamin K: 6.09µg (5.8%), Fiber: 1.39g (5.55%), Iron: 1mg (5.53%), Vitamin B1: 0.08mg (5.24%), Magnesium: 17.62mg (4.4%), Manganese: 0.08mg (4.12%), Copper: 0.07mg (3.4%), Vitamin C: 1.27mg (1.54%), Vitamin B3: 0.28mg (1.4%)