

Fig & walnut slice



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 50 g almonds whole toasted
- ☐ 250 g figs dried hard chopped
- ☐ 50 g apricot dried halved
- ☐ 50 g walnuts halved
- ☐ 0.5 tbsp brandy
- ☐ 0.5 tbsp clear honey
- ☐ 1 pinch ground cloves

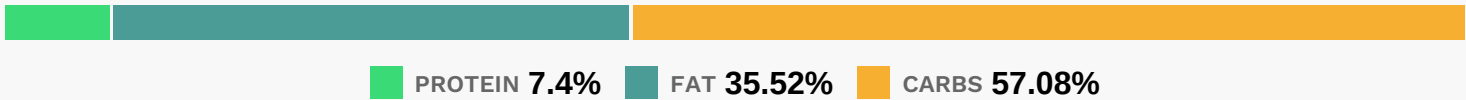
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse the almonds in a food processor until most are finely chopped.
- ☐ Remove and transfer to a bowl. Whizz the figs until they form a sticky paste, then add this to the almonds with the remaining ingredients.
- ☐ Mix well, then shape into a sausage and allow to dry, uncovered, in the fridge or a cool, dry place for a week.
- ☐ Wrap and tie in baking parchment if giving away, then slice and serve alongside your favourite cheeses. Will keep in a cool place for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:4.74, Inflammation Score:-3, Nutrition Score:4.5621738757776%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.42kcal (5.87%), Fat: 5.01g (7.71%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 14.97g (5.44%), Sugar: 13.21g (14.68%), Cholesterol: 0mg (0%), Sodium: 2.69mg (0.12%), Alcohol: 0.21g (100%), Alcohol %: 0.76% (100%), Protein: 2.35g (4.7%), Manganese: 0.36mg (17.97%), Fiber: 3.15g (12.6%), Copper: 0.18mg (9.19%), Vitamin E: 1.35mg (9.01%), Magnesium: 33.37mg (8.34%), Potassium: 239.47mg (6.84%), Calcium: 51.44mg (5.14%), Phosphorus: 51.44mg (5.14%), Iron: 0.81mg (4.52%), Vitamin B2: 0.07mg (4.37%), Vitamin K: 3.5µg (3.34%), Vitamin A: 153.14IU (3.06%), Vitamin B6: 0.06mg (2.82%), Zinc: 0.41mg (2.77%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.44mg (2.18%), Folate: 8.23µg (2.06%), Vitamin B5: 0.16mg (1.56%)