



Figs Stuffed with Almonds and Chips

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup blanched slivered almonds
- 6 figs fresh
- 0.5 fluid ounce orange liqueur
- 2 tablespoons bittersweet chocolate mini

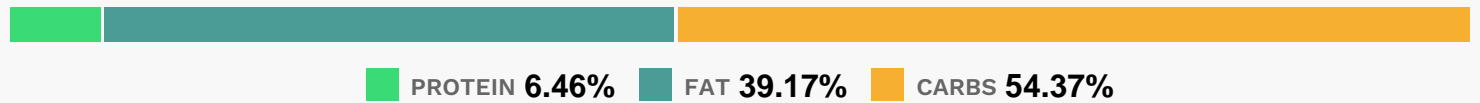
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat your oven to 350 degrees F (175 degrees C).
- Cut each fig in half. (If you cannot find fresh figs and would like to use dried figs, cut a little opening in the top of the fig and make a pocket for the stuffing.)
- In a small mixing bowl, combine chocolate chips, almonds, and wine. Spoon about 2 teaspoons of the stuffing mixture into each fig half.
- Bake on a cookie sheet for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:4.97, Inflammation Score:-2, Nutrition Score:3.5282608568668%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 100.09kcal (5%), Fat: 4.44g (6.83%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 11.56g (4.2%), Sugar: 10.99g (12.21%), Cholesterol: 0.3mg (0.1%), Sodium: 2.05mg (0.09%), Alcohol: 0.64g (100%), Alcohol %: 1.31% (100%), Caffeine: 4.94mg (1.65%), Protein: 1.65g (3.29%), Manganese: 0.21mg (10.66%), Fiber: 2.3g (9.18%), Vitamin E: 1.15mg (7.69%), Magnesium: 29.43mg (7.36%), Copper: 0.14mg (7.23%), Potassium: 174.74mg (4.99%), Phosphorus: 41.79mg (4.18%), Iron: 0.65mg (3.61%), Vitamin B2: 0.06mg (3.51%), Vitamin B6: 0.06mg (3.17%), Calcium: 31.24mg (3.12%), Vitamin B1: 0.04mg (2.69%), Vitamin K: 2.71µg (2.58%), Zinc: 0.34mg (2.28%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.18mg (1.79%), Vitamin A: 73.82IU (1.48%), Folate: 5.2µg (1.3%), Vitamin C: 1mg (1.21%)