



## Figs with Ricotta, Honey, and Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



274 kcal

SIDE DISH

### Ingredients

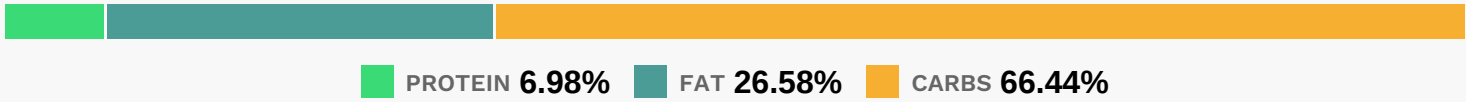
- ☐ 15 figs fresh trimmed
- ☐ 0.3 cup honey
- ☐ 0.5 cup whole-milk ricotta cheese
- ☐ 0.3 cup walnuts chopped

### Equipment

### Directions

- ☐
- Cut each fig into 4 wedges, cutting to, but not through, base of fig.
- ☐
- Spread wedges slightly apart; place 3 figs on each of 5 dessert plates. Spoon about 1 1/2 teaspoons cheese into each fig, and spoon about 1 tablespoon honey evenly around each serving of figs.
- ☐
- Sprinkle each serving of figs with about 1 tablespoon walnuts.
- ☐
- Note: Dried figs may be substituted for fresh figs.

## Nutrition Facts



## Properties

Glycemic Index:32.05, Glycemic Load:24.94, Inflammation Score:-4, Nutrition Score:7.7513043297374%

## Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

## Nutrients (% of daily need)

Calories: 273.87kcal (13.69%), Fat: 8.75g (13.47%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 44.33g (16.12%), Sugar: 43.28g (48.08%), Cholesterol: 12.65mg (4.22%), Sodium: 23.39mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Manganese: 0.48mg (23.89%), Fiber: 4.92g (19.67%), Copper: 0.24mg (12.12%), Potassium: 420.19mg (12.01%), Vitamin B6: 0.23mg (11.37%), Calcium: 112.84mg (11.28%), Magnesium: 41mg (10.25%), Phosphorus: 88.08mg (8.81%), Vitamin B2: 0.14mg (8.45%), Vitamin B1: 0.12mg (7.99%), Vitamin K: 7.53µg (7.17%), Vitamin A: 324.92IU (6.5%), Selenium: 4.46µg (6.37%), Vitamin B5: 0.56mg (5.63%), Iron: 0.97mg (5.4%), Zinc: 0.8mg (5.36%), Folate: 20.07µg (5.02%), Vitamin C: 3.21mg (3.9%), Vitamin B3: 0.74mg (3.7%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.08µg (1.41%)