



Fresh Figs with Bacon and Goat Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 ounces bacon smoked uncooked
- ☐ 1 tablespoon balsamic vinegar
- ☐ 12 small figs fresh white such as or calimyrna, halved lengthwise ripe
- ☐ 1.5 ounces goat cheese crumbled

Equipment

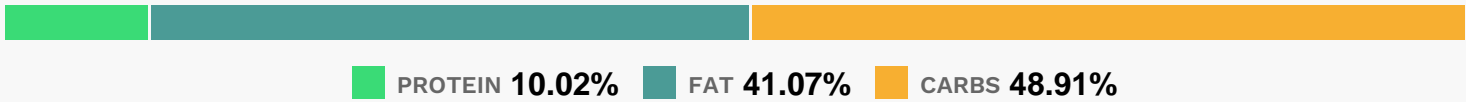
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

☐ oven

Directions

- ☐ Preheat the oven to 350° F. In a medium heavy skillet, place the bacon slices in a single layer and cook over low to medium-low heat, turning as needed until just beginning to brown.
- ☐ Transfer to a paper towel to drain.
- ☐ Cut each bacon slice into 4 or 6 pieces.
- ☐ Arrange the figs on a baking sheet, cut sides up.
- ☐ Brush the cut surfaces with balsamic vinegar.
- ☐ Place a piece of bacon on each cut side. Top with a small crumble of cheese.
- ☐ Bake until the figs are warmed, about 8 minutes. The cheese will not melt but may toast a bit.
- ☐ Serve immediately.
- ☐ From The Tea Deck: 50 Ways to Prepare,
- ☐ Serve, and Enjoy by Sara Perry. Text © 2008 by Sara Perry; photograph © 2002 by Sheri Giblin. Reprinted with permission by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:0.9247826030073%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 31.15kcal (1.56%), Fat: 1.49g (2.29%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.41g (1.24%), Sugar: 3.38g (3.75%), Cholesterol: 2.57mg (0.86%), Sodium: 24.47mg (1.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Fiber: 0.58g (2.32%), Vitamin B6: 0.03mg (1.7%), Potassium: 52.87mg (1.51%), Manganese: 0.03mg (1.43%), Copper: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.37%), Phosphorus: 11.29mg (1.13%), Vitamin B2: 0.02mg (1.11%), Magnesium: 4.08mg (1.02%)