



Fresh Figs with Goat Cheese and Peppered Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 figs fresh
- ☐ 0.3 cup goat cheese fresh soft
- ☐ 0.3 cup honey

Equipment

Directions

☐ Combine honey and pepper in small pitcher; stir to blend. Starting at stem end, cut each fig into quarters, stopping 1/2 inch from bottom to leave base intact. Gently press figs open. Spoon 1 teaspoon cheese into center of each. Arrange figs on platter; drizzle with peppered honey.

Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:24.05, Inflammation Score:-4, Nutrition Score:6.0569564596466%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg 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: 213.49kcal (10.67%), Fat: 3.45g (5.31%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 41.96g (15.26%), Sugar: 41.97g (46.64%), Cholesterol: 6.53mg (2.18%), Sodium: 54.61mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Fiber: 4.46g (17.82%), Manganese: 0.25mg (12.75%), Copper: 0.22mg (10.99%), Vitamin B6: 0.21mg (10.54%), Potassium: 366.03mg (10.46%), Vitamin B2: 0.14mg (8.08%), Calcium: 74.74mg (7.47%), Vitamin K: 7.71µg (7.35%), Vitamin A: 360.92IU (7.22%), Magnesium: 28.62mg (7.16%), Vitamin B1: 0.1mg (6.68%), Phosphorus: 58.56mg (5.86%), Vitamin B5: 0.56mg (5.64%), Iron: 0.94mg (5.21%), Vitamin C: 3.11mg (3.76%), Vitamin B3: 0.69mg (3.45%), Folate: 11.17µg (2.79%), Zinc: 0.41mg (2.7%), Vitamin E: 0.19mg (1.29%), Selenium: 0.88µg (1.26%)