



Fresh Figs With Ricotta and Honey

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- 8 figs fresh
- 0.3 cup pistachios shelled chopped ()
- 2 tablespoons agave nectar
- 0.5 cup ricotta cheese fresh
- 4 tablespoons mint leaves finely chopped ()

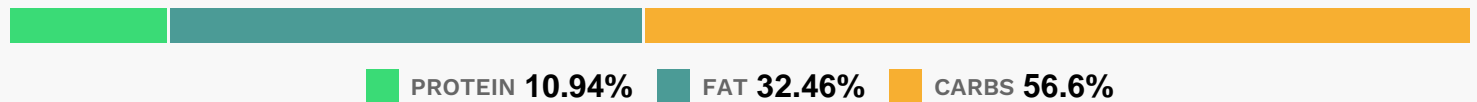
Equipment

- bowl
- knife

Directions

- Using a sharp knife, split each fig down the middle, starting at the tapered stem and slicing down to the broad bottom, being careful not to cut all the way through the fig and stopping about 1/4 inch from the bottom of the fig.
- Scatter the pistachios in a shallow bowl or on a small plate.
- Drizzle the honey on a small plate.
- Using the tip of a smallish spoon, fill the split center of each fig with a generous dollop of ricotta.
- Gently grasp each fig by its sides but without tightly squeezing it. Dip the fig, bottom first, in the honey and then in the pistachios. Arrange the figs on a large plate or platter.
- Drizzle the figs with additional honey to taste and, if desired, sprinkle with the fresh mint.
- Serve as soon as you can...as if you could resist doing anything else. Originally published September 20, 2011.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:7.6656521571719%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 207.19kcal (10.36%), Fat: 7.91g (12.17%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 26.91g (9.79%), Sugar: 24.11g (26.79%), Cholesterol: 15.81mg (5.27%), Sodium: 29.09mg (1.26%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Fiber: 4.11g (16.45%), Vitamin B6: 0.29mg (14.4%), Manganese: 0.28mg (14.07%), Calcium: 119.5mg (11.95%), Potassium: 372.22mg (10.63%), Vitamin A: 524.25IU (10.49%), Phosphorus: 104.4mg (10.44%), Vitamin B1: 0.15mg (9.85%), Copper: 0.19mg (9.69%), Vitamin B2: 0.15mg (9.02%), Magnesium: 33.82mg (8.45%), Selenium: 5.41µg (7.73%), Vitamin K: 7.4µg (7.05%), Vitamin C: 5.81mg (7.04%), Iron: 1.05mg (5.85%), Folate: 22.49µg (5.62%), Zinc: 0.74mg (4.9%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.69mg (3.45%), Vitamin E: 0.42mg (2.83%), Vitamin B12: 0.11µg (1.76%)