



Grilled Apricots with Mustard-Tarragon Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds firm-ripe apricots pitted halved
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons tarragon leaves fresh minced
- ☐ 3 tablespoons honey

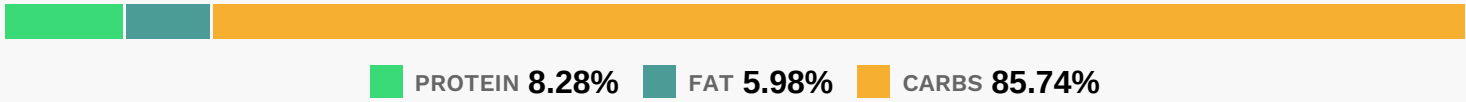
Equipment

- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Thread apricot halves onto 2 parallel 6- to 12-inch-long slender metal skewers (you will need several pairs).
- ☐ Mix honey, mustard, and tarragon.
- ☐ Brush half of this mixture onto one side of fruit.
- ☐ Place fruit, basted side down, on a barbecue grill over a solid bed of very hot coals or very high heat on a gas grill (you can hold your hand at grill level only 1 to 2 seconds). Cook until lightly browned, about 2 minutes; baste with remaining honey mixture and carefully turn skewers over. Cook to brown other side, about 2 more minutes.
- ☐ Push fruit from skewers onto a platter.

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:10.46, Inflammation Score:-9, Nutrition Score:7.9421738334324%

Flavonoids

Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 109.51kcal (5.48%), Fat: 0.81g (1.24%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 22.73g (8.26%), Sugar: 22.66g (25.18%), Cholesterol: 0mg (0%), Sodium: 57.35mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin A: 2943.61IU (58.87%), Vitamin C: 15.53mg (18.82%), Fiber: 3.31g (13.24%), Potassium: 424.69mg (12.13%), Manganese: 0.2mg (9.94%), Vitamin E: 1.36mg (9.09%), Copper: 0.13mg (6.5%), Vitamin B6: 0.1mg (5.18%), Iron: 0.93mg (5.16%), Vitamin B3: 1.01mg (5.04%), Magnesium: 20.04mg (5.01%), Vitamin K: 5.06µg (4.82%), Vitamin B2: 0.08mg (4.51%), Phosphorus: 42.68mg (4.27%), Folate: 15.99µg (4%), Vitamin B5: 0.38mg (3.85%), Vitamin B1: 0.06mg (3.77%), Calcium: 31.03mg (3.1%), Selenium: 1.96µg (2.81%), Zinc: 0.38mg (2.56%)