



Grilled Fig and Orange Blossom Sundaes

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



130 kcal

Ingredients

- 9 medium figs fresh trimmed halved lengthwise
- 0.3 cup honey
- 2 teaspoons orange-flower water
- 0.3 cup roasted salted coarsely chopped
- 1 tablespoon water

Equipment

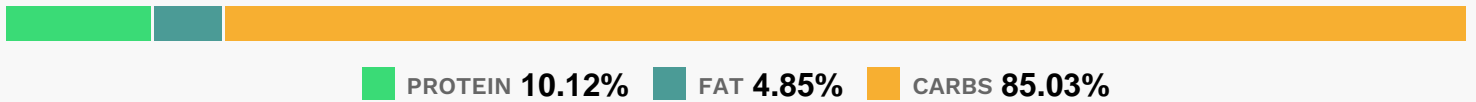
- bowl
- baking sheet
- whisk

- grill
- spatula
- grill pan

Directions

- Heat a grill pan or outdoor grill to high (about 450°F to 550°F). Meanwhile, whisk the honey, water, and orange blossom water in a small bowl until combined; set aside. When the grill is ready, place the figs on a baking sheet and brush both sides with the honey mixture; reserve the remaining mixture for drizzling over the sundaes.
- Place the figs on the grill cut-side down (reserve the baking sheet). Cover the grill and cook until grill marks appear on the bottom, about 2 minutes. Using a flat metal spatula, flip the figs, cover the grill, and cook until grill marks appear on the second side and the figs begin to soften, about 1 to 2 minutes more.
- Remove the figs to the reserved baking sheet. To serve, scoop the desired amount of ice cream into 6 bowls. Divide the figs among the bowls, sprinkle with the pistachios, and drizzle with the remaining honey mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index: 18.88, Glycemic Load: 15.55, Inflammation Score: -2, Nutrition Score: 3.7404347930266%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 130.1kcal (6.51%), Fat: 0.76g (1.17%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 27.71g (10.07%), Sugar: 27.69g (30.76%), Cholesterol: 8.28mg (2.76%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin B6: 0.19mg (9.43%), Fiber: 2.21g (8.85%), Vitamin B1: 0.1mg (6.88%), Potassium: 232.95mg (6.66%), Selenium: 3.94µg (5.63%), Manganese: 0.11mg (5.6%),

Vitamin B3: 1.08mg (5.39%), Magnesium: 16.57mg (4.14%), Phosphorus: 40.83mg (4.08%), Vitamin B2: 0.07mg (4.07%), Copper: 0.07mg (3.37%), Vitamin B5: 0.34mg (3.36%), Vitamin K: 3.53µg (3.36%), Calcium: 28.11mg (2.81%), Zinc: 0.39mg (2.61%), Iron: 0.43mg (2.38%), Vitamin A: 106.5IU (2.13%), Vitamin C: 1.59mg (1.93%), Folate: 4.88µg (1.22%), Vitamin B12: 0.07µg (1.12%)