



Honey-Baked Black Mission Figs with Orange and Ginger

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 12 mission figs black stemmed ripe halved lengthwise
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon grand marnier orange-flavored (liqueur)
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 large navel oranges peeled
- ☐ 3 tablespoons orange blossom honey
- ☐ 3 tablespoons orange juice fresh

- ☐ 1.5 tablespoons caster sugar
- ☐ 0.3 teaspoon vanilla extract

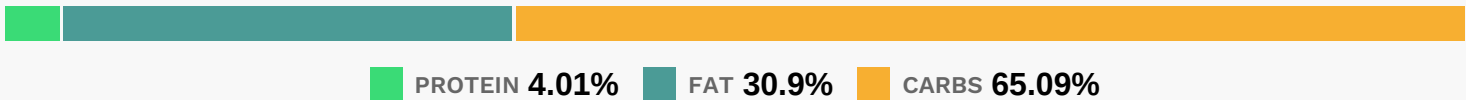
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange fig halves, cut side down, in a single layer in an 8-inch square baking dish coated with cooking spray.
- ☐ Combine honey, juice, ginger, and vanilla, stirring with a whisk.
- ☐ Drizzle honey mixture over figs.
- ☐ Bake at 350 for 10 minutes; turn figs over.
- ☐ Bake an additional 2 minutes.
- ☐ Remove from oven; cool to room temperature.
- ☐ Combine orange sections and fig mixture, tossing gently.
- ☐ Place cream in a medium bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Add sugar and liqueur; beat at high speed until stiff peaks form. Divide fig mixture evenly among 8 bowls; top each serving with about 2 tablespoons whipped cream.
- ☐ Garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:7.1513043292191%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg Naringenin: 5.11mg, Naringenin: 5.11mg, Naringenin: 5.11mg, Naringenin: 5.11mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 158.09kcal (7.9%), Fat: 5.73g (8.81%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 23.41g (8.51%), Sugar: 22.01g (24.46%), Cholesterol: 16.81mg (5.6%), Sodium: 5.72mg (0.25%), Alcohol: 0.53g (100%), Alcohol %: 0.38% (100%), Protein: 1.67g (3.34%), Vitamin C: 46.15mg (55.94%), Fiber: 3.73g (14.92%), Vitamin A: 510.81IU (10.22%), Potassium: 318.13mg (9.09%), Folate: 30.81µg (7.7%), Vitamin B6: 0.15mg (7.4%), Vitamin B1: 0.1mg (6.76%), Calcium: 66.93mg (6.69%), Vitamin B2: 0.1mg (6.11%), Manganese: 0.12mg (5.91%), Magnesium: 22.29mg (5.57%), Vitamin B5: 0.46mg (4.58%), Copper: 0.09mg (4.27%), Vitamin K: 4.01µg (3.82%), Phosphorus: 36.45mg (3.65%), Vitamin B3: 0.64mg (3.18%), Iron: 0.4mg (2.22%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.24µg (1.59%), Zinc: 0.21mg (1.39%)