

## Honey-Baked Figs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

### Ingredients

- ☐ 12 figs dried
- ☐ 0.3 cup honey
- ☐ 2 tablespoons slivered almonds toasted

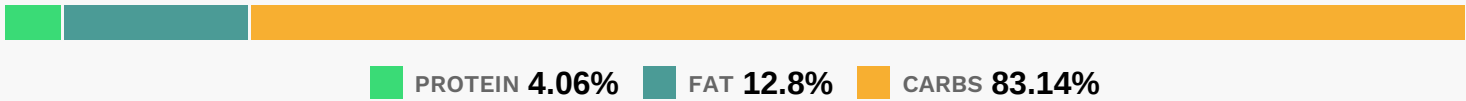
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 32
- ☐ Place figs in a saucepan.
- ☐ Add water to cover; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat; uncover and let stand 20 minutes.
- ☐ Drain well.
- ☐ Place figs in a 1 1/2-quart baking dish; drizzle with honey.
- ☐ Bake at 325 for 25 minutes or until thoroughly heated, stirring occasionally.
- ☐ Sprinkle with toasted almonds.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:23.32, Glycemic Load:16.21, Inflammation Score:-1, Nutrition Score:3.8917391399003%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 174.59kcal (8.73%), Fat: 2.72g (4.18%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 36.66g (13.33%), Sugar: 34.91g (38.79%), Cholesterol: 0mg (0%), Sodium: 3.58mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Manganese: 0.26mg (12.96%), Fiber: 3.03g (12.13%), Vitamin E: 1.37mg (9.11%), Magnesium: 30.39mg (7.6%), Copper: 0.13mg (6.53%), Potassium: 214.54mg (6.13%), Calcium: 54.03mg (5.4%), Vitamin B2: 0.09mg (5.14%), Iron: 0.79mg (4.4%), Phosphorus: 41.26mg (4.13%), Vitamin K: 3.74µg (3.57%), Zinc: 0.38mg (2.51%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.15mg (1.47%), Folate: 4.93µg (1.23%)