



Honey-Baked Figs with Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cold cut into 12 pieces
- ☐ 12 figs fresh
- ☐ 4 teaspoons honey
- ☐ 1.5 teaspoons olive oil
- ☐ 1 pint whipped cream
- ☐ 2 tablespoons water

Equipment

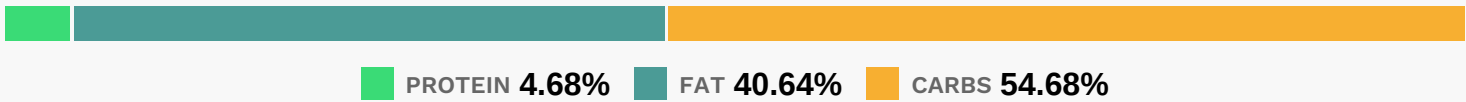
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 42
- ☐ Cut the stems off the figs. Rub the oil over the figs and put them in a baking pan, stem-side up.
- ☐ Cut a cross in the top of each fig, cutting almost to the bottom.
- ☐ Drizzle the honey over the figs. Top each one with a piece of the butter.
- ☐ Bake the figs until they open up like flowers, 8 to 10 minutes.
- ☐ Remove the pan from the oven.
- ☐ Put the figs on plates, add the water to the pan, return the pan to the oven for 1 minute, and then stir to make a sauce.
- ☐ Drizzle the sauce over the warm figs and serve with a scoop of vanilla ice cream on the side.
- ☐ Sprinkle one-half cup chopped walnuts or pistachios over the figs after the first seven minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:56.07, Glycemic Load:34.45, Inflammation Score:-6, Nutrition Score:9.6765217314596%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 440.6kcal (22.03%), Fat: 20.64g (31.75%), Saturated Fat: 11.93g (74.54%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 57.3g (20.84%), Sugar: 55.28g (61.42%), Cholesterol: 67.1mg (22.37%), Sodium: 141.83mg (6.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin B2: 0.36mg (21.41%), Fiber: 5.19g (20.77%), Calcium: 206.26mg (20.63%), Vitamin A: 885.95IU (17.72%), Potassium: 588.74mg (16.82%),

Phosphorus: 147.17mg (14.72%), Vitamin B5: 1.15mg (11.5%), Vitamin B6: 0.23mg (11.41%), Magnesium: 42.42mg (10.6%), Manganese: 0.21mg (10.35%), Vitamin B1: 0.14mg (9.26%), Vitamin K: 8.8µg (8.38%), Vitamin B12: 0.47µg (7.89%), Zinc: 1.06mg (7.09%), Copper: 0.14mg (6.8%), Vitamin E: 0.9mg (5.99%), Vitamin C: 3.74mg (4.54%), Iron: 0.7mg (3.89%), Folate: 15.26µg (3.82%), Vitamin B3: 0.75mg (3.74%), Selenium: 2.56µg (3.65%), Vitamin D: 0.24µg (1.58%)