



WHATSheATE



Honey Glazed Grilled Fig Salad with Feta, Pistachio and Mizuna



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons balsamic vinegar



6 ounces feta crumbled



12 figs fresh halved



1 tablespoon r honey



0.5 juice of orange



4 ounces mizuna



0.3 cup olive oil extra-virgin plus more for brushing

- ☐ 0.5 cup pistachios chopped
- ☐ 6 servings salt and pepper black freshly ground

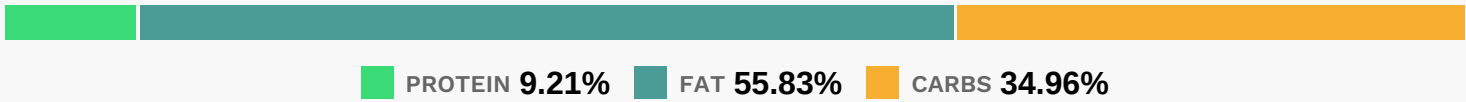
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the vinegar, honey, orange juice and some salt and pepper to combine. Slowly whisk in the olive oil until emulsified. Set aside.
- ☐ Heat a charcoal or gas grill to high for direct grilling.
- ☐ Brush the figs with some olive oil, season with salt and pepper and grill, cut-side down, just until slightly charred.
- ☐ Remove to a plate.
- ☐ Toss the mizuna with some of the vinaigrette.
- ☐ Transfer the mizuna to a platter and arrange the figs over top.
- ☐ Sprinkle with the feta and pistachios and drizzle some of the remaining dressing over top.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:12.88, Inflammation Score:-7, Nutrition Score:14.052173811456%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 309.23kcal (15.46%), Fat: 20.14g (30.99%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 23.78g (8.65%), Sugar: 21.43g (23.81%), Cholesterol: 25.23mg (8.41%), Sodium: 329.68mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin K: 59.56µg (56.72%), Vitamin B6: 0.44mg (22.23%), Vitamin C: 18.32mg (22.21%), Calcium: 209.99mg (21%), Vitamin B2: 0.33mg (19.38%), Fiber: 4.6g (18.41%), Vitamin A: 886.25IU (17.72%), Phosphorus: 172.89mg (17.29%), Vitamin B1: 0.21mg (14.17%), Manganese: 0.28mg (14.11%), Vitamin E: 2.08mg (13.84%), Potassium: 446.43mg (12.76%), Copper: 0.25mg (12.48%), Magnesium: 42.27mg (10.57%), Zinc: 1.25mg (8.37%), Vitamin B12: 0.48µg (7.99%), Iron: 1.39mg (7.72%), Selenium: 5.38µg (7.68%), Vitamin B5: 0.68mg (6.8%), Folate: 24.15µg (6.04%), Vitamin B3: 0.99mg (4.95%)