



Honey-Roasted Apricots with Amaretti Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup amaretti cookies crushed
- ☐ 1 pound apricots pitted halved
- ☐ 10 servings ground cardamom
- ☐ 2 tablespoons heavy cream chilled
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 and line a rimmed baking sheet with parchment paper. Arrange the apricots on the baking sheet, cut sides up.
- ☐ Drizzle the honey on top and sprinkle with the sugar, cardamom and crushed cookies.
- ☐ Bake for 30 minutes, until softened and lightly browned.
- ☐ In a bowl, whisk the cream until soft peaks barely form.
- ☐ Transfer the apricots to plates, spoon the cream on top and serve.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:3.1286956480016%

Flavonoids

Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 68.1kcal (3.41%), Fat: 1.66g (2.55%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.69g (4.25%), Sugar: 10.69g (11.88%), Cholesterol: 3.39mg (1.13%), Sodium: 19.03mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 917.72IU (18.35%), Manganese: 0.32mg (15.83%), Vitamin C: 4.77mg (5.79%), Fiber: 1.41g (5.64%), Potassium: 132.61mg (3.79%), Vitamin E: 0.43mg (2.88%), Iron: 0.41mg (2.26%), Copper: 0.04mg (2.02%), Magnesium: 7.08mg (1.77%), Vitamin B2: 0.03mg (1.55%), Vitamin K: 1.59µg (1.52%), Vitamin B3: 0.29mg (1.44%), Vitamin B6: 0.03mg (1.42%), Phosphorus: 14.04mg (1.4%), Vitamin B5: 0.12mg (1.18%), Zinc: 0.18mg (1.18%), Calcium: 11.83mg (1.18%), Vitamin B1: 0.02mg (1.08%), Folate: 4.24µg (1.06%)