



Honeyed almond figs



Vegetarian



Gluten Free

READY IN



3 min.

SERVINGS



1

CALORIES



176 kcal

SIDE DISH

Ingredients

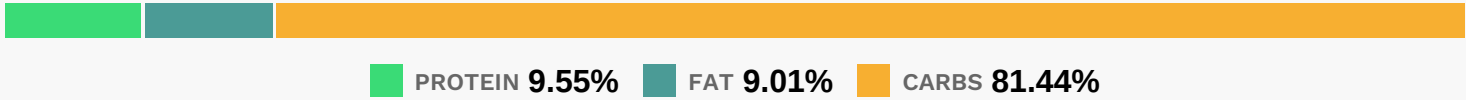
- ☐ 2 figs ripe
- ☐ 2 tbsp nonfat greek yogurt 0%
- ☐ 1 tbsp runny honey
- ☐ 1 pinches cinnamon
- ☐ 3 almonds flaked toasted

Equipment

Directions

- ☐ Cut the figs in half. Spoon over the yogurt, then drizzle with honey.
- ☐ Sprinkle with cinnamon and a few flaked toasted almonds.

Nutrition Facts



Properties

Glycemic Index:128.27, Glycemic Load:19.01, Inflammation Score:-3, Nutrition Score:5.9478261470795%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 175.98kcal (8.8%), Fat: 1.92g (2.95%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 35.2g (12.8%), Sugar: 34.67g (38.53%), Cholesterol: 1.5mg (0.5%), Sodium: 12.77mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Manganese: 0.39mg (19.54%), Fiber: 3.85g (15.39%), Vitamin B2: 0.18mg (10.41%), Potassium: 311.52mg (8.9%), Calcium: 87.65mg (8.77%), Magnesium: 29.42mg (7.36%), Vitamin B6: 0.14mg (7.15%), Phosphorus: 70.71mg (7.07%), Vitamin E: 0.9mg (6.03%), Copper: 0.12mg (5.85%), Selenium: 3.49µg (4.99%), Vitamin B1: 0.07mg (4.86%), Vitamin K: 5.01µg (4.77%), Vitamin B5: 0.43mg (4.31%), Iron: 0.67mg (3.74%), Vitamin B12: 0.21µg (3.5%), Zinc: 0.47mg (3.11%), Vitamin B3: 0.61mg (3.05%), Vitamin A: 146.18IU (2.92%), Vitamin C: 2.14mg (2.6%), Folate: 9.9µg (2.48%)