



Mascarpone-Stuffed Apricots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



65 kcal

SIDE DISH

Ingredients

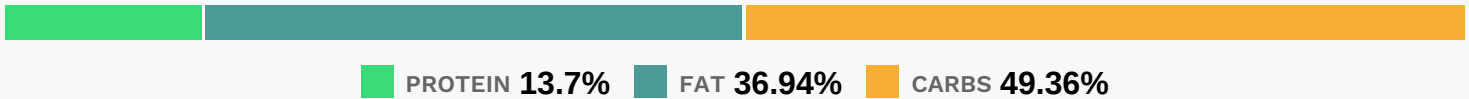
- ☐ 10 small apricots pitted halved
- ☐ 3 ounces cream cheese fat-free block-style
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 3.5 teaspoons juice of lemon divided
- ☐ 1 ounce mascarpone cheese
- ☐ 2 tablespoons walnuts toasted coarsely chopped

Equipment

Directions

- ☐ Combine cheeses, honey, 1/2 teaspoon lemon juice, and nutmeg, stirring well. Stir in walnuts. Chill 1 hour.
- ☐ Sprinkle cut sides of apricots evenly with 1 tablespoon lemon juice.
- ☐ Spoon about 1 teaspoon cheese mixture into each apricot half; chill 1 hour.
- ☐ Garnish with chopped mint, if desired.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:3.16, Inflammation Score:-5, Nutrition Score:2.8900000297505%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 64.85kcal (3.24%), Fat: 2.81g (4.33%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 7.61g (2.77%), Sugar: 7.25g (8.06%), Cholesterol: 3.86mg (1.29%), Sodium: 61.84mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin A: 718.83IU (14.38%), Phosphorus: 59.81mg (5.98%), Vitamin C: 4.22mg (5.12%), Manganese: 0.1mg (5.05%), Calcium: 40.73mg (4.07%), Potassium: 127.19mg (3.63%), Fiber: 0.85g (3.41%), Copper: 0.06mg (3.21%), Vitamin B2: 0.04mg (2.44%), Vitamin E: 0.33mg (2.2%), Magnesium: 8.77mg (2.19%), Folate: 8.54µg (2.13%), Zinc: 0.27mg (1.8%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.17mg (1.72%), Vitamin B1: 0.02mg (1.42%), Vitamin B12: 0.08µg (1.35%), Vitamin B3: 0.26mg (1.29%), Iron: 0.23mg (1.28%), Vitamin K: 1.23µg (1.17%)