



## Mesclun Salad with Goat Cheese-Stuffed Figs Wrapped in Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 8 slices bacon
- ☐ 8 firm-ripe figs fresh trimmed halved lengthwise
- ☐ 0.3 lb aged goat cheese such as bucheron
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 3 tablespoons brown sugar light packed

- ☐ 4 cups the salad
- ☐ 1.5 tablespoons olive oil extra-virgin

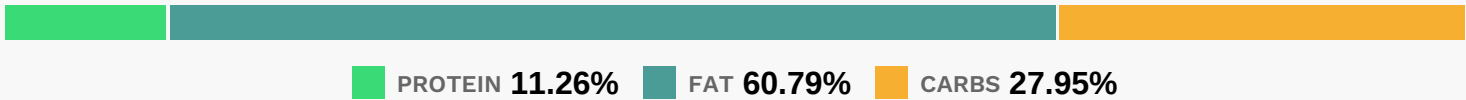
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks
- ☐ broiler
- ☐ broiler pan

## Directions

- ☐ Preheat broiler.
- ☐ Cook bacon in a large heavy skillet over moderate heat, turning occasionally, until most of fat is rendered but bacon is still pliable, about 10 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Remove 1 scoop of flesh from each fig half with small end of a melon-ball cutter and discard. Scoop cheese with same end of melon-ball cutter and just fill each fig half. Press fig halves together to form whole figs.
- ☐ Stir together brown sugar, cumin, and salt, then rub onto 1 side of each bacon slice. Wrap 1 bacon slice, sugared side out, around each fig and secure with a toothpick.
- ☐ Broil figs, bacon sides up, on rack of a broiler pan about 3 inches from heat, turning them frequently, until bacon is browned, about 2 minutes. Cool slightly, then discard toothpicks.
- ☐ Toss mesclun with lemon juice and salt and pepper to taste, then gently toss with oil.
- ☐ Serve figs with salad.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:9.95, Inflammation Score:-6, Nutrition Score:10.473043426223%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 420.55kcal (21.03%), Fat: 29.08g (44.73%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 27.15g (9.87%), Sugar: 25.32g (28.13%), Cholesterol: 42.08mg (14.03%), Sodium: 700.75mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.23%), Vitamin A: 908.78IU (18.18%), Vitamin B6: 0.34mg (16.91%), Phosphorus: 167.24mg (16.72%), Copper: 0.32mg (16.14%), Selenium: 10.12µg (14.46%), Vitamin B1: 0.22mg (14.34%), Vitamin C: 11.78mg (14.28%), Vitamin B3: 2.53mg (12.67%), Vitamin B2: 0.21mg (12.61%), Potassium: 413.13mg (11.8%), Manganese: 0.23mg (11.75%), Fiber: 2.93g (11.72%), Calcium: 92.19mg (9.22%), Iron: 1.6mg (8.91%), Magnesium: 33.02mg (8.26%), Vitamin K: 8.38µg (7.99%), Vitamin B5: 0.8mg (7.98%), Vitamin E: 1.12mg (7.44%), Zinc: 1.03mg (6.87%), Folate: 24.57µg (6.14%), Vitamin B12: 0.27µg (4.56%), Vitamin D: 0.29µg (1.93%)