



Nutty Fig Toasts

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



348 kcal

Ingredients

- ☐ 8 figs fresh halved
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey plus more for drizzling
- ☐ 6 servings kosher salt
- ☐ 6 servings multigrain bread toasted for serving
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.8 cup part-skim ricotta cheese
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 cup roasted nuts mixed salted chopped for topping

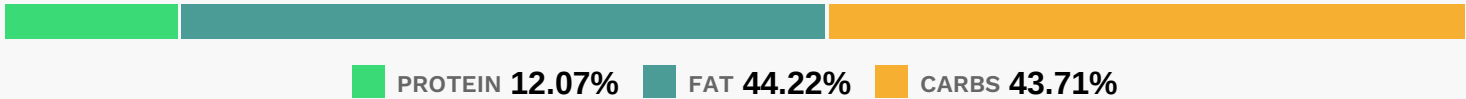
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F. Toss the figs with the olive oil and a pinch of salt in a baking dish. Roast until soft, about 10 minutes.
- ☐ Meanwhile, puree the nuts and peanut oil in a food processor until smooth and creamy, about 2 minutes. Scrape down the sides of the bowl.
- ☐ Add the ricotta, honey and cinnamon and pulse until combined, about 1 minute.
- ☐ Spread the ricotta mixture on the bread and top with the roasted figs.
- ☐ Drizzle with honey and top with chopped nuts.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:16.88, Inflammation Score:-5, Nutrition Score:13.484782709376%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 348.4kcal (17.42%), Fat: 17.91g (27.55%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 35.43g (12.88%), Sugar: 19.09g (21.21%), Cholesterol: 9.61mg (3.2%), Sodium: 363.18mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (21.99%), Manganese: 0.91mg (45.5%), Copper:

0.63mg (31.53%), Magnesium: 97.15mg (24.29%), Phosphorus: 237.69mg (23.77%), Selenium: 15.27µg (21.81%),
Fiber: 4.4g (17.6%), Calcium: 165.79mg (16.58%), Zinc: 2.31mg (15.37%), Iron: 2.52mg (14.02%), Vitamin K: 14.33µg
(13.65%), Vitamin B1: 0.2mg (13.45%), Potassium: 396.84mg (11.34%), Vitamin B2: 0.19mg (10.92%), Vitamin B6:
0.2mg (10.12%), Vitamin B3: 1.86mg (9.31%), Folate: 35.69µg (8.92%), Vitamin B5: 0.75mg (7.5%), Vitamin E: 1.02mg
(6.79%), Vitamin A: 215.04IU (4.3%), Vitamin C: 1.37mg (1.67%), Vitamin B12: 0.09µg (1.5%)