



## Planked Figs with Pancetta and Goat Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup creme de cassis such as crème de mûre, or calvados
- ☐ 8 large figs fresh green black ripe cut in half lengthwise, stems left intact
- ☐ 1 cup goat cheese fresh crumbled
- ☐ 8 slices pancetta thin
- ☐ 1 tablespoon pepper black
- ☐ 1 Clove honey for drizzling

### Equipment

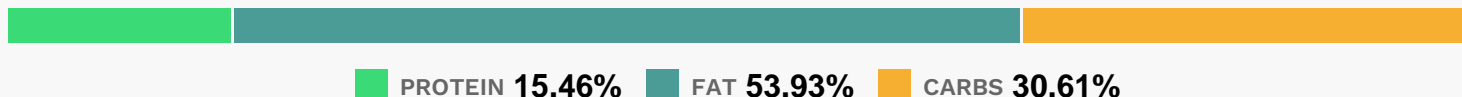
- ☐ baking sheet

- ☐ oven
- ☐ grill
- ☐ tongs

## Directions

- ☐ Pour the fruit liqueur into a shallow dish.
- ☐ Sprinkle the pepper on a saucer. Dip the cut sides of the figs first into the fruit liqueur, then into the pepper, and place, cut side up, on a baking sheet to marinate for 20 minutes.
- ☐ Cut each slice of pancetta lengthwise into 1/2-inch strips. Loosely wrap each fig half with a strip of pancetta. Fry the rest of the pancetta until crisp and crumbly and set aside.
- ☐ Prepare a hot fire in your grill.
- ☐ Place the planks on the grill grate and close the lid. When the planks start to smoke and pop, after 3 to 5 minutes, open the lid and turn the planks over using grill tongs. Quickly place the fig halves on the planks, cut side up.
- ☐ Sprinkle the goat cheese and fried pancetta on the figs. Cover and plank-roast for 12 to 15 minutes, or until the figs have softened and are scorched around the edges and the goat cheese has a burnished appearance and a brownish-red color.
- ☐ Drizzle with the honey and serve.
- ☐ Oven-Planking: Preheat the oven to 450°F.
- ☐ Place the planked pancetta-wrapped figs, sprinkled with goat cheese and fried pancetta, in the middle of the oven. Plank-roast for 12 to 15 minutes, or until the figs are scorched around the edges.
- ☐ Drizzle with honey and serve.
- ☐ This recipe can easily be divided in half if you have a grill that is too small to accommodate two planks at the same time, or you can stagger the cooking.
- ☐ From 25 Essentials: Techniques for Planking by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

## Nutrition Facts



## Properties

Glycemic Index:24.21, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:7.4047825699267%

## Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 253.94kcal (12.7%), Fat: 15.67g (24.11%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 17.29g (6.29%), Sugar: 17.01g (18.9%), Cholesterol: 29.72mg (9.91%), Sodium: 266.23mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Copper: 0.36mg (17.97%), Manganese: 0.28mg (13.97%), Phosphorus: 137.27mg (13.73%), Vitamin B6: 0.24mg (12.18%), Vitamin B2: 0.2mg (11.97%), Fiber: 2.73g (10.91%), Vitamin A: 524.37IU (10.49%), Calcium: 89.19mg (8.92%), Vitamin B1: 0.13mg (8.69%), Potassium: 258.34mg (7.38%), Selenium: 5.03µg (7.19%), Iron: 1.22mg (6.77%), Vitamin B3: 1.27mg (6.33%), Vitamin B5: 0.63mg (6.31%), Magnesium: 24.71mg (6.18%), Vitamin K: 6.33µg (6.03%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.17µg (2.75%), Folate: 9.83µg (2.46%), Vitamin C: 1.71mg (2.07%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.23µg (1.51%)