



Prosciutto-Wrapped Figs Stuffed with Blue Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 2 ounces cheese blue cut into 12 cubes
- 12 large mission figs fresh black trimmed
- 2 tablespoons honey
- 2 ounces pancetta thinly sliced cut into 12 strips
- 1 Dash salt


Equipment

- sauce pan
- grill

Directions

- Cut each fig in half vertically, cutting to, but not through, base of fig.
- Spread slightly apart.
- Place 1 cube of cheese inside each fig; gently close to seal. Wrap one prosciutto strip around each fig.
- Preheat grill.
- Combine vinegar and next 3 ingredients (through salt) in a small saucepan; bring to a boil. Reduce heat, and simmer until thick, about 10 minutes. Cool.
- Place figs on grill rack coated with cooking spray; grill 6 minutes, turning occasionally, until prosciutto is crisp.
- Drizzle each fig with balsamic syrup.

Nutrition Facts

 **PROTEIN 8.15%**  **FAT 29.53%**  **CARBS 62.32%**

Properties

Glycemic Index:37.05, Glycemic Load:16.7, Inflammation Score:-3, Nutrition Score:5.7247825575911%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 198.22kcal (9.91%), Fat: 6.85g (10.54%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 28.79g (10.47%), Sugar: 28.25g (31.39%), Cholesterol: 13.32mg (4.44%), Sodium: 181.7mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Fiber: 3.74g (14.95%), Potassium: 355.96mg (10.17%), Calcium: 98.64mg (9.86%), Manganese: 0.19mg (9.53%), Vitamin B6: 0.19mg (9.36%), Phosphorus:

70.46mg (7.05%), Vitamin B1: 0.11mg (7.04%), Magnesium: 26.55mg (6.64%), Vitamin B2: 0.11mg (6.5%), Vitamin B5: 0.61mg (6.05%), Vitamin K: 6.31µg (6.01%), Copper: 0.1mg (5.16%), Vitamin A: 257.59IU (5.15%), Selenium: 3.58µg (5.12%), Vitamin B3: 1mg (4.99%), Zinc: 0.58mg (3.86%), Iron: 0.65mg (3.62%), Vitamin C: 2.6mg (3.15%), Folate: 11.23µg (2.81%), Vitamin B12: 0.16µg (2.71%), Vitamin E: 0.21mg (1.37%)