



Roasted Figs with Fresh Ricotta

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings greek yogurt fresh fat free for serving
- ☐ 6 to 8 mission figs halved
- ☐ 1 pinch ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon butter unsalted

Equipment

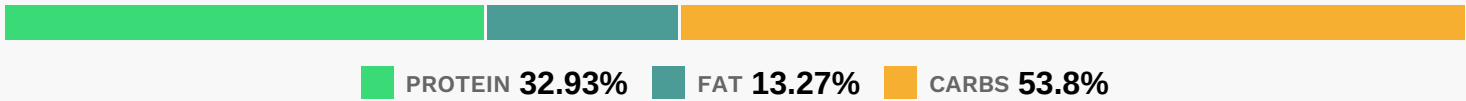
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the figs, cut side up, in a baking dish. Melt the butter in a small saucepan over low heat, and whisk in the honey, cinnamon and salt.
- ☐ Drizzle the hot honey butter over the figs and roast in oven until very soft, 10 to 15 minutes.
- ☐ Divide the fresh ricotta or fat free yogurt among 4 serving dishes and top with the warm figs and sauce. Enjoy!
- ☐ Cook's Note: These hot figs are really great over mixed greens or even on a toasted baguette as a crostini!

Nutrition Facts



Properties

Glycemic Index:29.57, Glycemic Load:14.23, Inflammation Score:-3, Nutrition Score:10.431304246187%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 250.6kcal (12.53%), Fat: 3.8g (5.85%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 32.47g (11.81%), Sugar: 31.7g (35.22%), Cholesterol: 17.52mg (5.84%), Sodium: 83.46mg (3.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.48%), Vitamin B2: 0.61mg (35.69%), Selenium: 20.11µg (28.73%), Phosphorus: 284mg (28.4%), Calcium: 250.54mg (25.05%), Vitamin B12: 1.41µg (23.43%), Potassium: 465.25mg (13.29%), Vitamin B6: 0.22mg (10.84%), Vitamin B5: 0.9mg (9.02%), Fiber: 2.23g (8.93%), Magnesium: 35.17mg (8.79%), Zinc: 1.21mg (8.07%), Manganese: 0.14mg (6.77%), Vitamin B1: 0.09mg (5.95%), Folate: 18.92µg (4.73%), Copper: 0.09mg (4.65%), Vitamin A: 202.11IU (4.04%), Vitamin B3: 0.74mg (3.72%), Vitamin

K: 3.79µg (3.61%), Iron: 0.49mg (2.71%), Vitamin C: 1.58mg (1.92%), Vitamin E: 0.18mg (1.23%)