



Roasted Mission Figs with Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 12 figs
- ☐ 1 pinch ground cinnamon
- ☐ 2 tablespoons lavender honey such as lavender honey
- ☐ 1 pinch salt
- ☐ 2 tablespoons butter unsalted

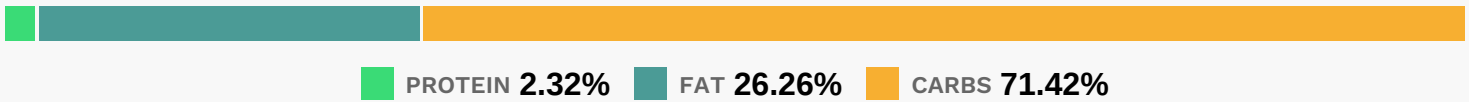
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 425°F. Rinse the figs and pat them dry, then cut off the stems and, without cutting through the base, halve them from top to bottom. Set the figs upright in a dish just big enough to hold them snugly.
- ☐ Melt the butter in a small skillet with the salt, honey, and cinnamon, then spoon it over the figs.
- ☐ Bake until the sauce is bubbling and the fruit is heated through, about 15 minutes.
- ☐ Serve warm.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:29.57, Glycemic Load:19.43, Inflammation Score:-4, Nutrition Score:4.99999999902819%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 193.23kcal (9.66%), Fat: 6.13g (9.43%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 33.1g (12.04%), Sugar: 33.08g (36.75%), Cholesterol: 15.05mg (5.02%), Sodium: 12.38mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Fiber: 4.4g (17.59%), Manganese: 0.21mg (10.47%), Potassium: 355.36mg (10.15%), Vitamin B6: 0.17mg (8.62%), Vitamin A: 388.08IU (7.76%), Vitamin K: 7.56µg (7.2%), Magnesium: 25.88mg (6.47%), Vitamin B1: 0.09mg (6.02%), Calcium: 55.32mg (5.53%), Copper: 0.11mg (5.5%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.47mg (4.65%), Vitamin C: 3.05mg (3.7%), Iron: 0.6mg (3.36%), Vitamin B3: 0.62mg (3.08%), Folate: 9.42µg (2.36%), Phosphorus: 23.13mg (2.31%), Vitamin E: 0.33mg (2.19%), Zinc: 0.26mg (1.7%)