



## Spanish fig & almond balls



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

## Ingredients

- ☐ 100 g almonds whole toasted
- ☐ 500 g figs dried whole hard
- ☐ 85 g apricot dried chopped
- ☐ 50 g cranberries dried
- ☐ 1 tbsp brandy
- ☐ 1 tbsp clear honey
- ☐ 1 tsp ground cloves
- ☐ 100 g sesame seed toasted

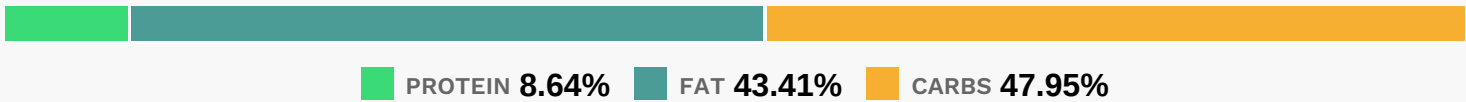
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ kitchen towels

## Directions

- ☐ Whizz the almonds in a food processor until most are finely chopped, then tip into a large bowl. Roughly chop the figs, then whizz to a smooth sticky paste. Scrape onto the almonds then, using your hands, mix together well with the dried fruit, brandy, honey and cloves.
- ☐ Divide the mixture into 6 and roll into balls. Tip the sesame seeds onto a tray, then roll the balls in them until covered. Cover the tray loosely with a clean tea towel, then leave the fig balls to dry for a week before packaging. Will keep in a cool place for 2 months.

## Nutrition Facts



## Properties

Glycemic Index:34.45, Glycemic Load:13.24, Inflammation Score:-7, Nutrition Score:17.340869530388%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

## Nutrients (% of daily need)

Calories: 330.85kcal (16.54%), Fat: 17.05g (26.24%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 34.32g (12.48%), Sugar: 30.86g (34.28%), Cholesterol: 0mg (0%), Sodium: 5.8mg (0.25%), Alcohol: 0.83g (100%), Alcohol %: 0.73% (100%), Protein: 7.64g (15.28%), Manganese: 1.17mg (58.33%), Copper: 0.97mg (48.36%), Vitamin E: 5.22mg (34.8%), Fiber: 8.07g (32.27%), Magnesium: 123.51mg (30.88%), Calcium:

247.46mg (24.75%), Iron: 3.82mg (21.21%), Phosphorus: 208mg (20.8%), Vitamin B2: 0.29mg (16.93%), Potassium: 567.36mg (16.21%), Vitamin B1: 0.22mg (14.66%), Vitamin B6: 0.27mg (13.72%), Zinc: 2.02mg (13.45%), Vitamin A: 631.13IU (12.62%), Vitamin B3: 2.11mg (10.56%), Selenium: 7µg (10%), Folate: 30.07µg (7.52%), Vitamin K: 5.49µg (5.22%), Vitamin B5: 0.43mg (4.32%), Vitamin C: 1.84mg (2.23%)