



## Stuffed Figs in a Blanket

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 apricots dried
- 0.3 cup cranberries dried
- 12 figs dried
- 6 ounces goat cheese fresh at room temperature
- 6 slices pancetta
- 12 raisins

### Equipment

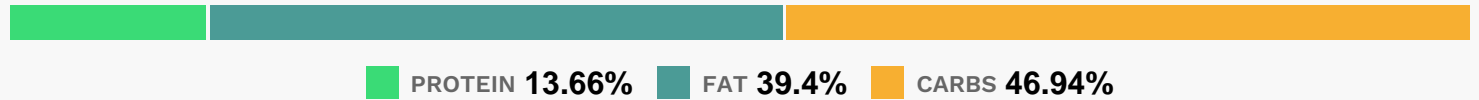
- baking sheet

oven

## Directions

- Heat the oven to 350 degrees F.
- Chop the cranberries and mix them into the goat cheese.
- Cut the tops off the apricots and use your finger to open up a hole. Fill an apricot with some of the cheese mixture, then push a raisin into it. Fill a fig with some cheese, then push the apricot into it. Repeat until all the fruit has been used. Slice the prosciutto slices in half lengthwise and wrap a slice around each fig.
- Place on a baking sheet and bake until the prosciutto has browned, about 20 to 25 minutes.
- Let cool a bit before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.27, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:3.1534782453724%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 102.56kcal (5.13%), Fat: 4.72g (7.26%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.12g (4.04%), Sugar: 10.06g (11.18%), Cholesterol: 9.16mg (3.05%), Sodium: 80.51mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 437.03IU (8.74%), Copper: 0.16mg (7.95%), Fiber: 1.54g (6.14%), Phosphorus: 53.66mg (5.37%), Potassium: 164.17mg (4.69%), Vitamin B2: 0.07mg (4.19%), Manganese: 0.08mg (4.11%), Iron: 0.68mg (3.8%), Calcium: 37.77mg (3.78%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.47mg (3.14%), Magnesium: 11mg (2.75%), Vitamin B3: 0.5mg (2.49%), Selenium: 1.44µg (2.06%), Vitamin B5: 0.2mg (2%), Vitamin B1: 0.03mg (1.99%), Vitamin K: 1.94µg (1.85%), Zinc: 0.26mg (1.77%)