



## The Crisper Whisperer: The World's Second-Easiest Fig Dessert

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



140 kcal

DESSERT

### Ingredients

- 8 figs fresh ripe
- 0.3 cup honey for drizzling (you won't use it all)
- 0.5 vanilla pod

### Equipment

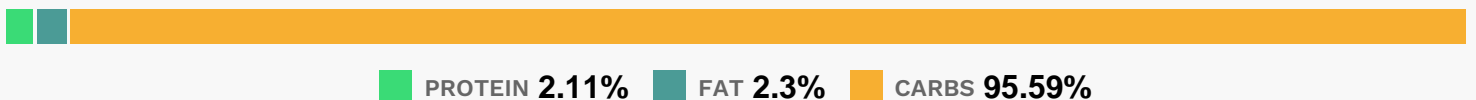
- bowl
- frying pan
- baking sheet

- oven
- knife
- broiler

## Directions

- Preheat the broiler (on low, if you have a choice), with the top rack about six inches below the heat source.
- Cut each fig in half from stem end to base. You'll be broiling the figs cut-side up, so if your figs aren't symmetrical, try to make the cut such that you'll have as stable a base as possible on the uncut side. Arrange the fig halves cut side up on a baking sheet.
- Slice open the vanilla bean with a paring knife and scrape out the seeds with the tip of the knife.
- Spread a bit of seeds on the cut side of each fig half. You don't need a lot to get a great vanilla flavor.
- Drizzle the cut side of each fig half lightly with honey. Again, you don't need too much.
- Place the pan on the top rack of the oven and broil for a few minutes, until the tops of the figs are bubbly and very lightly browned. (It takes about five minutes in my oven, but broilers vary substantially.)
- Serve warm by themselves or perched atop a small bowl of vanilla ice cream or Greek yogurt.

## Nutrition Facts



## Properties

Glycemic Index:28.32, Glycemic Load:19.05, Inflammation Score:-2, Nutrition Score:3.2386956992357%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

## Nutrients (% of daily need)

Calories: 139.88kcal (6.99%), Fat: 0.39g (0.61%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 33.87g (12.32%), Sugar: 33.69g (37.44%), Cholesterol: 0mg (0%), Sodium: 1.85mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Fiber: 2.94g (11.77%), Manganese: 0.14mg (7.25%), Potassium: 243.02mg (6.94%), Vitamin B6: 0.12mg (5.9%), Vitamin K: 4.7µg (4.48%), Magnesium: 17.42mg (4.36%), Vitamin B1: 0.06mg (4%), Copper: 0.08mg (3.88%), Calcium: 36.27mg (3.63%), Vitamin B2: 0.06mg (3.41%), Vitamin B5: 0.31mg (3.14%), Vitamin A: 142IU (2.84%), Iron: 0.46mg (2.55%), Vitamin C: 2.11mg (2.55%), Vitamin B3: 0.43mg (2.13%), Folate: 6.42µg (1.61%), Phosphorus: 14.85mg (1.48%), Zinc: 0.2mg (1.31%)