



Uptown Figs



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



24

CALORIES



2932 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

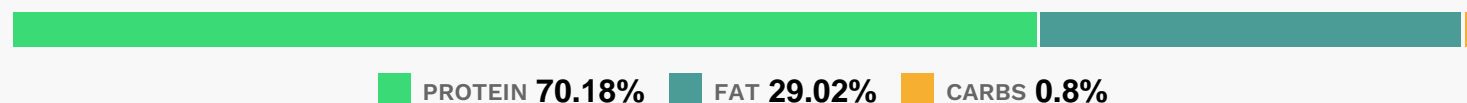
- ☐ 3 oz cream cheese softened
- ☐ 24 figs dried
- ☐ 2 teaspoons orange liqueur
- ☐ 2 teaspoons powdered sugar
- ☐ 24 roasted salted

Equipment

Directions

- ☐ Cut a slit in large side of 24 dried figs, cutting to, but not through, stem end. Stir together 1 (3-oz.) package softened cream cheese, 2 tsp. powdered sugar, and 2 tsp. orange liqueur; fill each fig evenly with cream cheese mixture and 1 roasted, salted almond. Press figs to secure filling.
- ☐ *You can make this recipe ahead of time and store the figs in the refrigerator. Before serving, let stand at room temperature for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:1.39, Inflammation Score:-9, Nutrition Score:58.160434520439%

Nutrients (% of daily need)

Calories: 2931.65kcal (146.58%), Fat: 90.41g (139.09%), Saturated Fat: 28.12g (175.76%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.82g (1.75%), Sugar: 4.26g (4.74%), Cholesterol: 1386.43mg (462.14%), Sodium: 1087.51mg (47.28%), Alcohol: 0.11g (100%), Alcohol %: 0.01% (100%), Protein: 491.94g (983.89%), Selenium: 608.37µg (869.1%), Vitamin B6: 16.58mg (829.14%), Vitamin B1: 9.73mg (648.77%), Vitamin B3: 126.16mg (630.78%), Phosphorus: 4947.93mg (494.79%), Zinc: 39.58mg (263.87%), Vitamin B2: 4.12mg (242.32%), Potassium: 8268.51mg (236.24%), Vitamin B12: 11.2µg (186.7%), Vitamin B5: 16.41mg (164.08%), Magnesium: 576.47mg (144.12%), Iron: 12.02mg (66.78%), Copper: 1.3mg (64.84%), Vitamin D: 8.78µg (58.53%), Vitamin E: 2.91mg (19.42%), Calcium: 126.15mg (12.62%), Manganese: 0.19mg (9.75%), Fiber: 0.78g (3.14%), Vitamin K: 1.32µg (1.26%)