



Warm apricot & almond pots



Vegetarian



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 85 g apricot halved
- ☐ 4 tbsp apple juice mixed with 4 tbsp water
- ☐ 1 large pinch spice mixed
- ☐ 1 tbsp almonds toasted halved
- ☐ 1 tsp clear honey
- ☐ 6 tbsp frangelico low-fat
- ☐ 6 tbsp frangelico low-fat

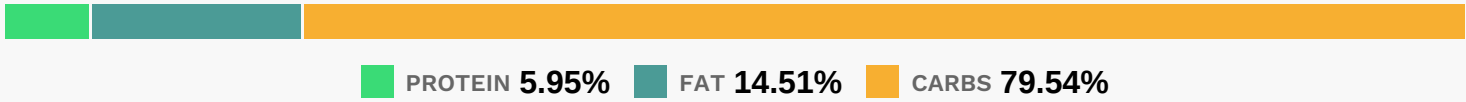
Equipment

☐ ramekin

Directions

- ☐ Plump the apricots by simmering in apple juice and mixed spice for 5 mins. Divide them between 2 ramekin dishes. Spoon over fromage frais or yogurt.
- ☐ Sprinkle with toasted almonds and a drizzle of honey.

Nutrition Facts



Properties

Glycemic Index:68.21, Glycemic Load:10.76, Inflammation Score:-8, Nutrition Score:6.8426086695298%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 155.99kcal (7.8%), Fat: 2.76g (4.24%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 30.19g (10.98%), Sugar: 28.68g (31.86%), Cholesterol: 0mg (0%), Sodium: 5.67mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin A: 1532.18IU (30.64%), Vitamin E: 3.12mg (20.83%), Potassium: 562.1mg (16.06%), Fiber: 3.8g (15.21%), Manganese: 0.25mg (12.35%), Copper: 0.2mg (10.12%), Iron: 1.38mg (7.65%), Magnesium: 28.74mg (7.18%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 56.52mg (5.65%), Vitamin B2: 0.09mg (5.59%), Calcium: 39.78mg (3.98%), Vitamin B6: 0.07mg (3.7%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.34mg (2.24%), Selenium: 1.2µg (1.72%), Folate: 6.53µg (1.63%), Vitamin B1: 0.02mg (1.53%), Vitamin K: 1.33µg (1.27%)