



WHATSheATE



Warm Figs with Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 24 small figs fresh black halved lengthwise
- ☐ 3 ounces goat cheese crumbled

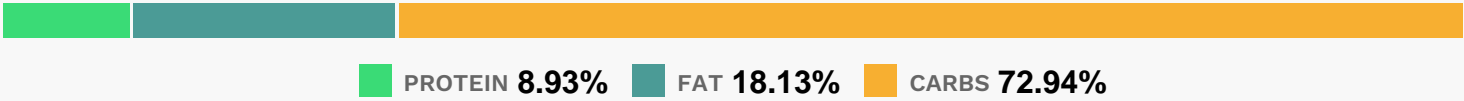
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Arrange the figs on a baking sheet, cut sides up. Spoon a little goat cheese on each fig half and lightly brush the figs with the vinegar.
- ☐ Bake for about 8 minutes, or until the figs are warmed through.
- ☐ Transfer the figs to a platter and serve immediately.
- ☐ Wine Recommendation: Stuckey: The dry-style 1997 Zind-Humbrecht Wintzenheim Gewrztraminer from Alsace has a tangy, exotic fruit edge, which pairs well with the pure fruit of the figs and the tart goat cheese.Triffon: The ripe fruit, tangy cheese and deep balsamic flavor are nicely offset by the 1997 Scherer Tokay-Pinot Gris Vieilles Vignes from Alsace; it has a whisper of sweetness and excellent acidity.

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:2.03, Inflammation Score:-1, Nutrition Score:0.75913043514542%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 19.92kcal (1%), Fat: 0.43g (0.67%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.35g (1.22%), Sugar: 3.35g (3.72%), Cholesterol: 0.81mg (0.27%), Sodium: 6.84mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Fiber: 0.58g (2.32%), Manganese: 0.03mg (1.4%), Copper: 0.03mg (1.35%), Potassium: 47.42mg (1.35%), Vitamin B6: 0.03mg (1.35%)