



Apricot and Gruyere Saute

15'

Hands on

10'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

- cinnamon powder
- granulated sugar
- 12 apricots, cut in half and pit removed
- 100 g butter
- 200 g gruyere cheese , cut into thick slices
- 24 cloves
- 1 cinnamon stick
- some honey

Διατροφικός πίνακας

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Heat a frying [pan](#) over high heat. Sauté the cheese with 50 g butter.
- Once it turns golden on both sides, remove from pan and set aside.
- Pierce each apricot with a clove and dust sprinkle with sugar.
- Then sauté the apricots in the pan over high heat, along with the remaining butter and the stick of cinnamon.
- As soon as they are golden brown and caramelized, remove from pan.
- Combine with the cheese in a [bowl](#). Drizzle with honey and serve.

Nutrition information per portion

313 Calories (kcal)	14.2 Total Fat (g)	8.0 Saturated Fat (g)	30.0 Total Carbs (g)
16%	20%	40%	12%
12.6 Sugars (g)	10.7 Protein (g)	11.4 Fibre (g)	1.0 Sodium (g)
14%	21%	46%	17%