



Baked Figs in Lemon Syrup



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb figs fresh trimmed halved lengthwise
- ☐ 3 optional: lemon
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon butter unsalted softened
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. 3Boil water and 1/2 cup sugar in a small saucepan, stirring, until sugar is dissolved.
- ☐ Remove syrup from heat. Squeeze enough juice from 2 lemons to measure 1/3 cup and stir into syrup, then discard lemon halves.
- ☐ Remove zest from remaining lemon in long strips with a vegetable peeler and, if necessary, trim any white pith from zest with a sharp paring knife.
- ☐ Cut zest lengthwise into thin julienne strips. Reserve lemon.
- ☐ Blanch zest in a 1- to 1 1/2-quart saucepan of boiling water 1 second, then drain in a sieve and add to syrup. 3
- ☐ Cut away any remaining pith from lemon. Working over a bowl, cut segments free from membranes.
- ☐ Spread butter in a 1 1/2-quart flameproof gratin dish or 10-inch heavy ovenproof skillet. Arrange figs, cut sides up, slightly overlapping in 1 layer.
- ☐ Sprinkle with remaining 2 teaspoons sugar and bake until figs are softened and begin to exude juice but still hold their shape, 25 to 30 minutes.
- ☐ Transfer figs with a slotted spoon to a shallow serving bowl and put gratin dish or skillet over a burner at moderately high heat.
- ☐ Add syrup and deglaze gratin dish or skillet by boiling until syrup is reduced to about 3/4 cup, 6 to 8 minutes.
- ☐ Add lemon segments along with any juices in bowl and pour syrup (with lemon segments) over figs. Cool to warm or room temperature before serving.
- ☐ Syrup can be made, without deglazing and adding lemon segments, 1 day ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature before deglazing gratin dish and adding lemon segments.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:23.81, Inflammation Score:-4, Nutrition Score:6.1213042629154%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 180.47kcal (9.02%), Fat: 2.45g (3.77%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 38.61g (14.04%), Sugar: 36.47g (40.52%), Cholesterol: 5.02mg (1.67%), Sodium: 3.62mg (0.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 30.89mg (37.44%), Fiber: 4.8g (19.2%), Potassium: 338.5mg (9.67%), Vitamin B6: 0.17mg (8.57%), Manganese: 0.16mg (8.11%), Vitamin B1: 0.09mg (5.98%), Magnesium: 23.84mg (5.96%), Calcium: 55.05mg (5.5%), Vitamin K: 5.49µg (5.23%), Copper: 0.1mg (5.2%), Vitamin A: 231.22IU (4.62%), Vitamin B5: 0.45mg (4.45%), Vitamin B2: 0.07mg (4.2%), Iron: 0.75mg (4.18%), Folate: 12.81µg (3.2%), Vitamin B3: 0.51mg (2.54%), Phosphorus: 25.08mg (2.51%), Vitamin E: 0.26mg (1.73%), Zinc: 0.21mg (1.39%)