



Baked Figs with Grand Marnier and Whipped Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 figs fresh
- ☐ 0.3 cup grand marnier orange-flavored
- ☐ 1 cup heavy cream chilled
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

Equipment

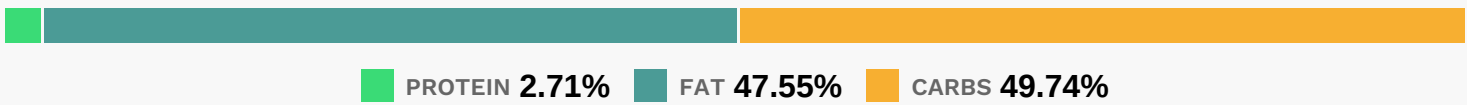
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ stove

Directions

- ☐ Preheat oven to 300°F.
- ☐ Prick bottom of each fig several times and stand figs in a buttered 9- to 10-inch flameproof gratin dish or ovenproof skillet.
- ☐ Sprinkle figs with 1/3 cup sugar, then add water to dish.
- ☐ Bake figs in middle of oven, basting twice with pan juices, until tender, about 30 minutes.
- ☐ Transfer dish to stovetop, then add 1/4 cup Grand Marnier and bring to a boil over moderately high heat.
- ☐ Remove from heat and carefully ignite pan juices. After flames subside, juices should be syrupy. If pan juices are too thin, transfer figs to a shallow serving bowl, then boil juices until syrupy and slightly thickened, 3 to 5 minutes, and pour over figs.
- ☐ Beat cream with remaining 2 tablespoons sugar and tablespoon liqueur using an electric mixer until it holds soft peaks.
- ☐ Serve figs, warm or at room temperature, with syrup and cream.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:17.7, Inflammation Score:-5, Nutrition Score:4.7430435263592%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 281.93kcal (14.1%), Fat: 14.68g (22.59%), Saturated Fat: 9.19g (57.46%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 31.66g (11.51%), Sugar: 31.71g (35.24%), Cholesterol: 44.82mg (14.94%), Sodium: 13.59mg (0.59%), Alcohol: 2.56g (100%), Alcohol %: 1.8% (100%), Protein: 1.89g (3.77%), Vitamin A: 725.1IU (14.5%), Fiber: 2.9g (11.6%), Potassium: 272.86mg (7.8%), Vitamin B2: 0.13mg (7.52%), Manganese: 0.13mg (6.53%), Vitamin B6: 0.13mg (6.34%), Calcium: 61.98mg (6.2%), Vitamin K: 5.97µg (5.69%), Magnesium: 20.27mg (5.07%), Vitamin B1: 0.07mg (4.56%), Vitamin D: 0.63µg (4.23%), Copper: 0.08mg (4.11%), Vitamin B5: 0.4mg (4.01%), Phosphorus: 37.6mg (3.76%), Vitamin E: 0.47mg (3.17%), Vitamin C: 2.24mg (2.71%), Iron: 0.42mg (2.34%), Vitamin B3: 0.44mg (2.2%), Selenium: 1.49µg (2.12%), Folate: 7.59µg (1.9%), Zinc: 0.25mg (1.67%), Vitamin B12: 0.06µg (1.06%)