



Balsamic-Fig Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



10

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 1 cup aged balsamic vinegar
- ☐ 0.3 cup fig preserves
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup port

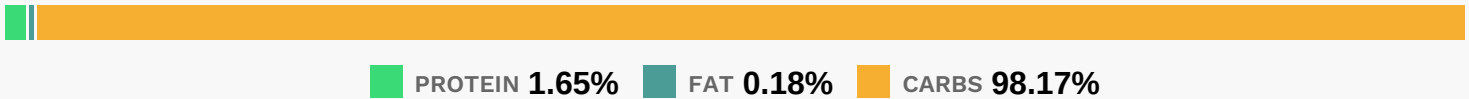
Equipment

- ☐ sauce pan

Directions

- ☐ Bring first 5 ingredients to a boil in a saucepan over medium-high heat; reduce heat to medium, and simmer 6 to 7 minutes or until mixture is reduced by half.
- ☐ Remove from heat; stir in cognac, if desired.
- ☐ Serve warm.
- ☐ Note: For testing purposes only, we used Alessi 20-Year Balsamic Vinegar aged in wood.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:0.53347825931142%

Flavonoids

Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 56.25kcal (2.81%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.54g (3.83%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 125.27mg (5.45%), Alcohol: 1.22g (100%), Alcohol %: 3.75% (100%), Protein: 0.18g (0.36%), Manganese: 0.06mg (2.95%), Iron: 0.25mg (1.39%), Potassium: 43.02mg (1.23%), Magnesium: 4.25mg (1.06%)