



Black Mission Fig and Sweet Onion Port Sauce

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 7 oz mission figs dried black coarsely chopped
- ☐ 12 servings kosher salt and pepper
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 cups port ruby- or vintage-style (one 500-ml. bottle)
- ☐ 0.5 medium onion sweet chopped

☐ 2 star anise whole

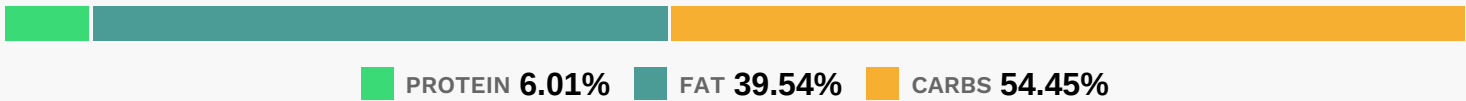
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Saut onion in oil in a large frying pan over medium heat, stirring occasionally, until soft, about 5 minutes.
- ☐ Add port, 2 cups chicken broth, the figs, and star anise. Boil over medium-high heat, stirring occasionally, until liquid is reduced by about a third, about 15 minutes.
- ☐ Remove and discard star anise.
- ☐ Pure mixture in a blender until smooth.
- ☐ Pour into a saucepan over low heat.
- ☐ Whisk in butter, vinegar, salt to taste, and a generous amount of pepper. If sauce is too thick, thin with a little more chicken broth.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:1.7595652121565%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate:

0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg
Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin:
0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg,
Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 115.72kcal (5.79%), Fat: 3.38g (5.2%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 10.48g (3.49%), Net
Carbohydrates: 9.85g (3.58%), Sugar: 6.75g (7.5%), Cholesterol: 5.02mg (1.67%), Sodium: 225.82mg (9.82%),
Alcohol: 6.12g (100%), Alcohol %: 6.74% (100%), Protein: 1.16g (2.31%), Manganese: 0.09mg (4.27%), Potassium:
129.91mg (3.71%), Vitamin B3: 0.71mg (3.57%), Copper: 0.06mg (2.97%), Fiber: 0.63g (2.51%), Phosphorus: 22.99mg
(2.3%), Magnesium: 8.54mg (2.14%), Vitamin B6: 0.04mg (2.09%), Iron: 0.36mg (1.97%), Vitamin B2: 0.03mg
(1.84%), Vitamin A: 82.45IU (1.65%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.68µg (1.6%), Vitamin B1: 0.02mg (1.56%),
Calcium: 15.45mg (1.54%), Vitamin C: 1.03mg (1.25%), Folate: 4.25µg (1.06%)