



Bourbon Fig Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



46 kcal

SAUCE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 7 ounces mission figs dried diced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch salt
- ☐ 0.3 cup bourbon whiskey
- ☐ 0.3 cup sugar white

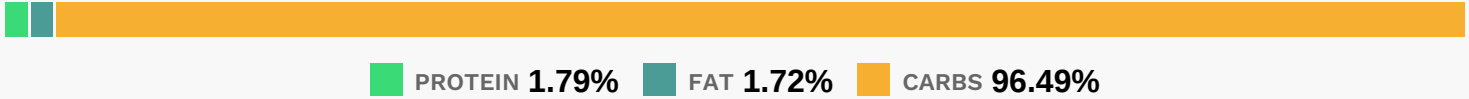
Equipment

- ☐ sauce pan

Directions

☐ Combine figs, sugar, whiskey, balsamic vinegar, lemon juice, and salt in a small saucepan; bring to a boil. Reduce heat and simmer until liquid reduces by half, about 30 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:0.60652173472487%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 45.52kcal (2.28%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.84g (2.85%), Sugar: 7.68g (8.54%), Cholesterol: 0mg (0%), Sodium: 4.67mg (0.2%), Alcohol: 1.77g (100%), Alcohol %: 6.97% (100%), Protein: 0.15g (0.31%), Fiber: 0.48g (1.93%), Manganese: 0.03mg (1.44%), Potassium: 45.74mg (1.31%)