



Chèvre with Candied Figs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 tbsp brown sugar
- ☐ 0.8 pound chèvre
- ☐ 4 figs or dried fresh

Equipment

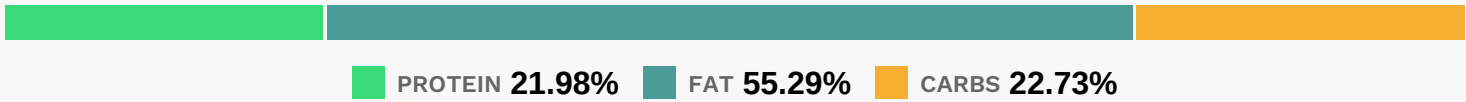
- ☐ frying pan
- ☐ oven
- ☐ pot

☐ broiler

Directions

- ☐ Slice the chèvre log, and place on an oven pan.
- ☐ Cut the figs into rounds.
- ☐ Pour the balsamic vinegar and sugar into a small pot, and bring it to a boil. Lower the heat and let it simmer until the mixture is reduced and sticks to the back of a spoon.
- ☐ If you are using dried figs, place them in the vinegar mixture and let them absorb some of the fluid while the mixture cools.
- ☐ Heat the chèvre cheese slices quickly by using your oven's broiler function for about 3 minutes, or until the cheese has slightly started to melt.
- ☐ Place the cheese on a serving plate, and top it with the candied figs and vinegar mixture.
- ☐ Serve warm.
- ☐ You can replace muscavado sugar with brown sugar, honey, or regular sugar. Always taste the mixture since the different sugars have different sweetness, and you might have to add more.
- ☐ With their peppery honey flavor, Black Mission figs are the best money can buy. Fresh Black Mission figs are only available a few weeks out of the year, so if you happen to come across some, make compotes and freeze for later use.
- ☐ The sugar is available in light and dark flavors, and is a raw sugar made from sugar canes. Compared with regular refined sugar, it is less processed and high in mineral content. The darker sugar has a liquorish flavor, and the lighter version has a toffee flavor.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:7.9060868747208%

Nutrients (% of daily need)

Calories: 292.67kcal (14.63%), Fat: 18g (27.7%), Saturated Fat: 12.41g (77.55%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.87g (5.77%), Sugar: 15.7g (17.45%), Cholesterol: 39.12mg (13.04%), Sodium: 319.96mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Copper: 0.65mg (32.69%), Phosphorus: 226.47mg (22.65%), Vitamin B2: 0.33mg (19.4%), Vitamin A: 879.35IU (17.59%), Calcium: 143.8mg (14.38%), Vitamin

B6: 0.22mg (11.24%), Iron: 1.96mg (10.87%), Manganese: 0.15mg (7.62%), Vitamin B5: 0.62mg (6.25%), Zinc: 0.85mg (5.67%), Magnesium: 21.77mg (5.44%), Vitamin B1: 0.07mg (4.42%), Selenium: 2.54µg (3.62%), Fiber: 0.78g (3.14%), Potassium: 106.33mg (3.04%), Folate: 11.02µg (2.75%), Vitamin B12: 0.16µg (2.69%), Vitamin K: 2.78µg (2.65%), Vitamin D: 0.34µg (2.27%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.18mg (1.21%)