

Chocolate, Fig, and Marsala Pastries

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 12 cream cheese dough circles sweet
- ☐ 1 large egg yolk
- ☐ 8 ounce calimyrna figs dried chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.7 cup marsala wine
- ☐ 1 tablespoon powdered sugar
- ☐ 12 servings try build-a-meal
- ☐ 0.3 cup semi chocolate chips

- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup water

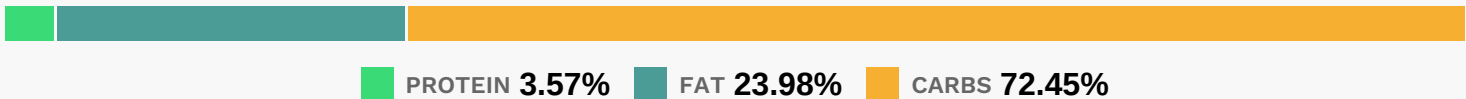
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 25 minutes or until figs are tender and liquid almost evaporates.
- ☐ Remove from heat. Stir in vanilla and nutmeg. Cover and chill 1 hour. Stir in chocolate and egg yolk. Working with 1 Sweet Cream Cheese Dough circle at a time, remove plastic wrap from dough.
- ☐ Place dough on a lightly floured surface. Spoon about 2 tablespoons fig mixture into center of circle. Fold dough over the filling; press edges together with a fork or fingers to seal.
- ☐ Place pie on a large baking sheet covered with parchment paper. Repeat procedure with remaining Sweet Cream Cheese Dough circles and the remaining fig mixture. Freeze 30 minutes. Preheat oven to 425
- ☐ Remove pies from freezer. Pierce top of each pie once with a fork.
- ☐ Place baking sheet on bottom rack in oven.
- ☐ Bake at 425 for 19 minutes or until edges are lightly browned and filling is bubbly. Cool completely on a wire rack.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:2.278695664976%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 12.64mg, Malvidin: 12.64mg, Malvidin: 12.64mg, Malvidin: 12.64mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 114.18kcal (5.71%), Fat: 2.73g (4.21%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 17.41g (6.33%), Sugar: 15.61g (17.34%), Cholesterol: 16.61mg (5.54%), Sodium: 8.99mg (0.39%), Alcohol: 2.15g (100%), Alcohol %: 4.27% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.91g (1.83%), Manganese: 0.18mg (9.1%), Copper: 0.1mg (4.85%), Fiber: 1.18g (4.73%), Magnesium: 16.93mg (4.23%), Iron: 0.59mg (3.27%), Potassium: 107.47mg (3.07%), Phosphorus: 30.24mg (3.02%), Selenium: 2.03µg (2.9%), Calcium: 22.26mg (2.23%), Vitamin B6: 0.04mg (1.82%), Zinc: 0.27mg (1.79%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.42%), Vitamin A: 63.35IU (1.27%), Vitamin K: 1.34µg (1.27%), Vitamin B3: 0.21mg (1.07%)