



Dried Fig, Apricot, and Cherry Slump

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 5 ounces apricot halves dried cut in half
- ☐ 0.8 teaspoon baking soda
- ☐ 0.7 cup buttermilk chilled
- ☐ 3 ounces cherries dried
- ☐ 0.3 cup matchstick-size strips crystallized ginger
- ☐ 6 ounces mission figs dried black stemmed quartered
- ☐ 3 ounces golden raisins

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 10 servings heavy whipping cream chilled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon sea salt fine
- ☐ 4 tablespoons sugar divided
- ☐ 6 tablespoons butter unsalted chilled cut into 1/4-inch cubes ()
- ☐ 0.5 vanilla pod split
- ☐ 1.5 cups water
- ☐ 2 cups white wine fruity (such as Riesling)

Equipment

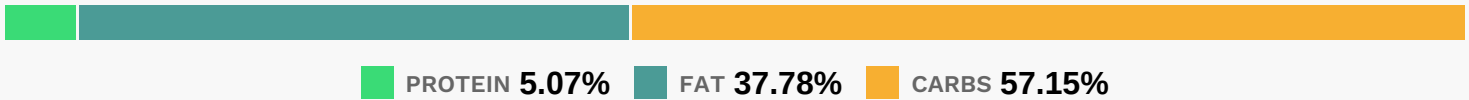
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ stove

Directions

- ☐ Combine first 9 ingredients in 12-inch broilerproof skillet with 3-inch-high sides or wide 3-quart stovetop casserole dish. Scrape in seeds from vanilla bean; add bean. Bring mixture to boil. Reduce heat to low and simmer 2 minutes.
- ☐ Remove from heat. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk flour, 2 tablespoons sugar, baking soda, and sea salt in medium bowl to blend.
- ☐ Add butter and rub in with fingertips until very coarse meal forms (butter pieces will be reduced to size of small peas).
- ☐ Add buttermilk and stir just until dough comes together (dough will be slightly wet).
- ☐ Mix remaining 2 tablespoons sugar and cinnamon in small bowl to blend.

- ☐ Return dried fruit mixture to simmer.Using generous 1/4 cup biscuit doughfor each, scoop 8 mounds of dough atopsimmering fruit mixture, spacing apart.
- ☐ Sprinkle cinnamon sugar over each biscuit.Cover skillet tightly and simmer overmedium-low heat until biscuits are puffyand cooked through (tester inserted intocenter of biscuits comes out clean), about12 minutes.
- ☐ Remove skillet from heat.
- ☐ Letslump stand uncovered 15 minutes.
- ☐ Meanwhile position rack in upper thirdof oven at least 6 inches from heat sourceand preheat broiler. Broil slump just untilbiscuit tops are light golden, watchingclosely to prevent burning, 1 to 2 minutes.
- ☐ Divide fruit slump among bowls.
- ☐ Pourchilled cream over each and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:22.34, Inflammation Score:-7, Nutrition Score:7.6043479390766%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 337.58kcal (16.88%), Fat: 13.18g (20.28%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 42.28g (15.38%), Sugar: 25.72g (28.58%), Cholesterol: 36.77mg (12.26%), Sodium: 227.9mg (9.91%), Alcohol: 4.94g (100%), Alcohol %: 3.1% (100%), Protein: 3.98g (7.96%), Vitamin A: 997.53IU (19.95%),

Manganese: 0.28mg (13.88%), Vitamin B1: 0.18mg (11.77%), Vitamin B2: 0.2mg (11.64%), Selenium: 7.97µg (11.38%), Potassium: 381.54mg (10.9%), Fiber: 2.58g (10.3%), Folate: 40.08µg (10.02%), Iron: 1.65mg (9.18%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 77.47mg (7.75%), Copper: 0.14mg (6.95%), Vitamin E: 1.01mg (6.73%), Magnesium: 23.64mg (5.91%), Calcium: 58.43mg (5.84%), Vitamin B6: 0.12mg (5.8%), Vitamin D: 0.57µg (3.83%), Vitamin B5: 0.37mg (3.69%), Vitamin C: 2.6mg (3.15%), Vitamin K: 3.09µg (2.94%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.11µg (1.86%)