



Dried Figs in Red Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



12

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups wine dry red
- 1.5 pounds figs dried hard soft
- 12 servings ice cubes
- 2 inch lemon zest fresh with a vegetable peeler
- 3 inch orange zest fresh with a vegetable peeler
- 0.5 cup sugar

Equipment

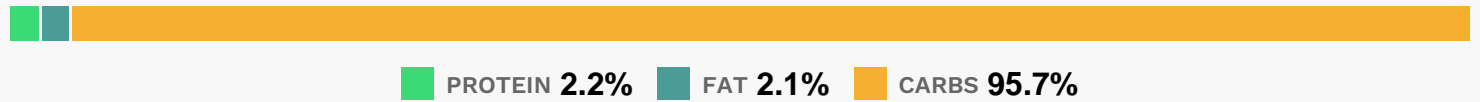
- sauce pan

- oven
- baking pan

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Put figs in a 3-quart shallow glass or ceramic baking dish. Bring wine with sugar and zests to a boil in a 1-quart heavy saucepan, stirring until sugar is dissolved, then pour over figs (figs will not be covered by liquid).
- Bake figs, uncovered, stirring occasionally, until figs have absorbed about two thirds of liquid and are very tender but still hold their shape, 50 to 60 minutes.
- Put a sheet of parchment directly on figs, pressing them into liquid, then let stand at room temperature 1 hour.
- Serve figs with a bit of their juices and small scoops of ice cream, all drizzled with Sherry vinegar syrup.
- Figs can be made 1 week ahead and chilled, covered. Bring to room temperature before serving.
- Figs can be made 1 week ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:1.9069565094036%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 108.06kcal (5.4%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.7g (6.8%), Sugar: 17.58g (19.53%), Cholesterol: 0mg (0%), Sodium: 3.49mg (0.15%), Alcohol: 4.2g (100%), Alcohol %: 3.28% (100%), Protein: 0.47g (0.94%), Fiber: 1.76g (7.03%), Potassium: 133.73mg (3.82%), Manganese: 0.07mg (3.65%), Vitamin B6: 0.07mg (3.3%), Vitamin C: 2.54mg (3.08%), Magnesium: 10.4mg (2.6%), Vitamin K: 2.66µg (2.54%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.34%), Calcium: 23.2mg (2.32%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.17mg (1.75%), Vitamin A: 83.39IU (1.67%), Iron: 0.22mg (1.24%), Vitamin B3: 0.23mg (1.17%)