



Dried fruits in cognac



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 85 g g muscovado sugar light
- ☐ 1 cinnamon sticks
- ☐ 400 g fruit dried
- ☐ 4 tbsp cognac

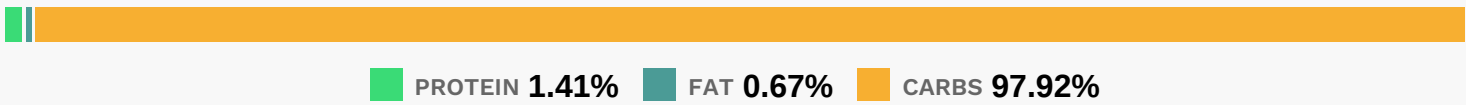
Equipment

- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ Tip the sugar into a measuring jug and pour over boiling water to the 400ml mark.
- ☐ Add the cinnamon stick, broken in two, and stir to dissolve the sugar.
- ☐ Put the fruits and cognac into a pan, pour over the syrup and bring to the boil. Simmer, partly covered, for 15 mins, then remove from the heat and leave to cool for a few minutes if serving warm, or chill if serving cold.
- ☐ Serve with some crme frache or ice cream.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4934783001309%

Nutrients (% of daily need)

Calories: 174.56kcal (8.73%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 34.14g (12.41%), Sugar: 31.88g (35.42%), Cholesterol: 0mg (0%), Sodium: 11.19mg (0.49%), Alcohol: 5.01g (100%), Alcohol %: 4.63% (100%), Protein: 0.52g (1.04%), Manganese: 0.2mg (9.81%), Fiber: 2.06g (8.26%), Vitamin A: 304.58IU (6.09%), Vitamin K: 4.87µg (4.64%), Copper: 0.09mg (4.56%), Potassium: 121.33mg (3.47%), Calcium: 31.41mg (3.14%), Iron: 0.54mg (3%), Vitamin C: 2.23mg (2.71%), Vitamin B3: 0.43mg (2.14%), Magnesium: 7.44mg (1.86%), Vitamin B2: 0.03mg (1.47%), Phosphorus: 14.01mg (1.4%), Vitamin B6: 0.03mg (1.31%)