



Drunken Figs with Black Pepper Granola

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 24 figs fresh quartered
- 1 cup honey
- 2 teaspoons juice of lemon fresh
- 0.3 cup mascarpone cheese
- 1.8 cups old-fashioned rolled oats

- 0.3 cup anisette liqueur
- 0.3 cup pinenuts toasted
- 0.3 teaspoon salt
- 1 Dash salt
- 1 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- slotted spoon

Directions

- To prepare figs, combine first 5 ingredients in a small saucepan; bring to a boil.
- Place figs in a shallow dish; add hot syrup to dish. Cool fig mixture to room temperature; cover and refrigerate overnight.
- Preheat oven to 32
- To prepare granola, melt butter in a large nonstick skillet over medium heat; stir in sugar, and increase heat to medium-high. Cook 2 minutes or until sugar browns lightly.
- Add oats, nuts, pepper, and dash of salt; stir to coat. Cook 2 minutes, stirring frequently. Arrange oat mixture in a single layer on a baking sheet lined with parchment paper.
- Bake at 325 for 16 minutes or until toasted, stirring after 8 minutes. Cool completely.
- Remove figs from liquid using a slotted spoon; discard liquid. Divide fig quarters evenly among 8 bowls; top each serving with 1/2 cup granola. Spoon 1 1/2 teaspoons mascarpone on each serving.

Nutrition Facts



■ PROTEIN 4.2% ■ FAT 21.05% ■ CARBS 74.75%

Properties

Glycemic Index:29.41, Glycemic Load:37.23, Inflammation Score:-5, Nutrition Score:10.919130412457%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 437.05kcal (21.85%), Fat: 10.5g (16.16%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 83.91g (27.97%), Net Carbohydrates: 77.49g (28.18%), Sugar: 66.84g (74.27%), Cholesterol: 14.56mg (4.85%), Sodium: 111.01mg (4.83%), Alcohol: 2.98g (100%), Alcohol %: 1.41% (100%), Protein: 4.72g (9.43%), Manganese: 1.26mg (63.01%), Fiber: 6.42g (25.67%), Magnesium: 62.47mg (15.62%), Potassium: 469.22mg (13.41%), Copper: 0.25mg (12.7%), Vitamin B1: 0.19mg (12.5%), Phosphorus: 120.99mg (12.1%), Vitamin B6: 0.2mg (10.21%), Iron: 1.77mg (9.81%), Vitamin K: 10.13µg (9.65%), Selenium: 5.89µg (8.42%), Zinc: 1.25mg (8.3%), Calcium: 80.92mg (8.09%), Vitamin A: 400.88IU (8.02%), Vitamin B2: 0.13mg (7.63%), Vitamin B5: 0.7mg (7.04%), Vitamin B3: 1.04mg (5.22%), Vitamin E: 0.72mg (4.78%), Vitamin C: 3.73mg (4.52%), Folate: 17.38µg (4.34%)