



Fig and Bourbon Compote

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



975 kcal

SAUCE

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.7 cup bourbon
- ☐ 1 tablespoon brown sugar dark
- ☐ 1.5 tablespoons powdered sugar
- ☐ 0.5 cup whipping cream
- ☐ 2 cups mission figlets dried halved
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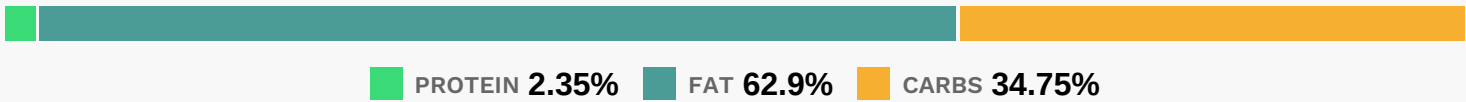
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ Combine cider, bourbon, and brown sugar in a small saucepan. Stir in figlets, and let stand 10 minutes.
- ☐ Bring figlet mixture to a simmer; cook 10 minutes or until figlets are soft.
- ☐ Transfer figlets to a medium bowl using a slotted spoon. Simmer liquid until thickened and reduced by half (about 4 minutes).
- ☐ Pour liquid over figlets.
- ☐ Serve warm, or store in refrigerator up to 1 week.
- ☐ Beat cream at medium speed with an electric mixer until soft peaks form.
- ☐ Add powdered sugar, beating until stiff peaks form.
- ☐ Serve over compote.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:10.67, Inflammation Score:-8, Nutrition Score:7.0652174016704%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 975.04kcal (48.75%), Fat: 43.27g (66.56%), Saturated Fat: 27.42g (171.39%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 53.32g (19.39%), Sugar: 49.55g (55.06%), Cholesterol: 134.47mg (44.82%), Sodium: 46.77mg (2.03%), Alcohol: 53.44g (100%), Alcohol %: 12.57% (100%), Protein: 3.63g (7.26%), Vitamin A: 1751.66IU

(35.03%), Vitamin B2: 0.27mg (16.03%), Vitamin D: 1.9µg (12.69%), Calcium: 107.5mg (10.75%), Manganese: 0.21mg (10.64%), Potassium: 370.81mg (10.59%), Phosphorus: 92.42mg (9.24%), Vitamin E: 1.12mg (7.46%), Selenium: 4.02µg (5.75%), Vitamin B1: 0.08mg (5.53%), Magnesium: 21.21mg (5.3%), Vitamin B6: 0.09mg (4.53%), Vitamin B5: 0.43mg (4.35%), Copper: 0.08mg (4.07%), Vitamin K: 3.81µg (3.63%), Vitamin C: 2.84mg (3.44%), Vitamin B12: 0.19µg (3.17%), Iron: 0.56mg (3.1%), Zinc: 0.4mg (2.68%), Fiber: 0.47g (1.89%), Vitamin B3: 0.28mg (1.41%), Folate: 4.88µg (1.22%)