



Fig and Port Tartlets

READY IN



21 min.

SERVINGS



6

CALORIES



691 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon cinnamon extract
- 12 ounce royal fig preserves
- 0.3 cup port
- 3 tablespoons sugar
- 1 package pre-made phyllo tart shells mini (recommended: Athens)
- 2 cup whipping cream

Equipment

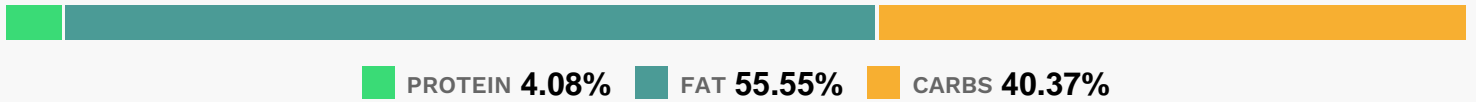
- bowl

- sauce pan
- hand mixer
- ziploc bags

Directions

- Watch how to make this recipe.
- Combine preserves and port in a small saucepan.
- Heat over medium heat until thickened, about 6 minutes.
- Remove from heat and set aside to cool.
- Fill each tart shell with 1 tablespoon fig/port mixture.
- Whip cream in a large ice cold bowl, using an electric mixer. Gradually add the sugar and cinnamon extract and whip until stiff peaks.
- Place the whipped cream in a resealable plastic bag and cut 1/2 inch off the corner of the bag.
- Top each tartlet with a dollop of whipped cream.
- Garnish with a dusting of cinnamon and powdered sugar.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:25.33, Inflammation Score:-6, Nutrition Score:5.9913043444571%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 691.18kcal (34.56%), Fat: 42.17g (64.88%), Saturated Fat: 23.87g (149.19%), Carbohydrates: 68.95g (22.98%), Net Carbohydrates: 66.03g (24.01%), Sugar: 38.83g (43.14%), Cholesterol: 100.97mg (33.66%), Sodium: 175.43mg (7.63%), Alcohol: 1.53g (100%), Alcohol %: 0.97% (100%), Protein: 6.98g (13.95%), Iron: 4.81mg (26.7%),

Vitamin A: 1166.45IU (23.33%), Fiber: 2.91g (11.65%), Vitamin B2: 0.2mg (11.48%), Vitamin D: 1.27µg (8.46%), Vitamin C: 5.47mg (6.63%), Calcium: 65.39mg (6.54%), Phosphorus: 57.74mg (5.77%), Vitamin E: 0.8mg (5.33%), Selenium: 3.6µg (5.15%), Potassium: 128.7mg (3.68%), Copper: 0.07mg (3.53%), Manganese: 0.05mg (2.51%), Vitamin K: 2.56µg (2.44%), Folate: 9.42µg (2.35%), Magnesium: 8.77mg (2.19%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.13µg (2.12%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.23mg (1.56%)